

WADDLING WITH PENGUINS
JIM CARREY ON WINGING IT {page 13}

POST-J.T.
BIEL AND TOTAL RECALL CO-STAR GET CLOSE {page 14}



OTTAWA metro®
Tuesday, June 14, 2011
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News worth sharing.



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Stanley. Cup



▶ Brad Marchand celebrates after scoring a goal in the first period as Roberto Luongo looks on during Game 6 last night. More coverage at metronews.ca/ottawa.

Canucks play for history in Game 6

Men sought in separate attacks

Police ask for information from public to track down would-be abductor and groper

Police on both sides of the Ottawa River are on the hunt for men who prey upon women.

In Gatineau police issued a warning about a man with a grey compact car who tried to abduct at least two women and possibly a third, while in Ottawa police asked the public for information about an incident at Sand Pits Lake in Rockliffe Park, in which a man snuck up on a woman and touched her inappropriately.

Police say at least two abduction attempts happened June 8 between 8 p.m. and midnight and possibly another.

"We might have a third victim," said Gatineau Police spokesman Const. Pierre Lanthier of an incident in which two witnesses helped a woman escape a man trying to force her into a car on Lorrain Boulevard. "She ran away and she never called the police."

The incidents all happened June 8 between 8 p.m. and midnight and involved women in their 20s, he said. The other attempts happened on Maloney Boulevard and at Pointe-Gatineau. He said witnesses should contact Sgt. Mathieu Guilbault at 819-243-2345 ext. 6049. In Ottawa police are looking for a heavy-set white man in his early 20s with dark hair, who was wearing a ball cap, dark shorts and a dark sleeveless shirt when he approached a woman from behind and touched her. Police say the incident happened around 3 p.m. on June 6th.

Anyone with information is asked to contact the Ottawa Police at 613-236-1222 ext. 5944.

SEAN MCKIBBON



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Canada Post: No letters Tuesdays, Thursdays

Ottawa residents, like other Canadians, aren't getting letters today, but the postal workers union says it's not their decision.

Canada Post announced it will limit letter delivery in cities to Mondays, Wednesdays and Fridays because mail volumes have dropped 50 per cent and Canada Post has lost $65 million since the strike began, said spokesperson Anick Losier.

Parcel delivery and mail pickup will still be five days a week.

At a press conference yesterday, the Canadian Union of Postal Workers said the cut will disrupt mail service to more people in one day than rotating strikes have so far.

Calling the move a "partial lockout," CUPW president Denis Lemelin accused Canada Post of trying to provoke a full-scale strike to force the federal government to legislate employees back to work.

Rotating strikes have been successful because people are talking about how much they still depend on the system, he said. JESSICA SMITH

JESSICA SMITH/METRO



▶ CUPW president Denis Lemelin holds up a photo of undelivered mail at a press conference yesterday.

Feds monitoring 'aboriginal hotspots'

Government using intelligence community to monitor First Nations protesters, researchers say



JESSICA SMITH
@METRONEWS.CA

Documents recently uncovered by First Nations researchers show the federal government, along with the RCMP and CSIS, has been monitoring aboriginal "occupations and protests" since 2006.

"A number of us who are involved in First Nations policy issues have been looking at the criminalization of First Nations activists by the government, for being involved in protests or political actions," said Russell Diabo, who first published the information in his newsletter the First Nation Strategic Bulletin.

The documents, obtained through an access to information request, include two presentations made by officials with Indian and Northern Affairs Canada, the RCMP and Criminal Intelligence Service Canada, on monitoring "Aboriginal extremism."

"INAC does monitor all emergencies such as floods, fires and civil unrest on an ongoing basis. This facilitates a quick support and response, as needed, to any emergency."

EMAIL STATEMENT FROM STAFF OF MINISTER OF ABORIGINAL AFFAIRS AND NORTHERN DEVELOPMENT JOHN DUNCAN

The documents show that as of summer 2006, members of the Privy Council Office, CSIS, Public Safety Canada, Indian and Northern Affairs and other federal departments were holding conference calls to share information about aboriginal protests and occupations.

INAC also began a "Hotspot Reporting System" to spread information about "existing and emerging risks" to work with intelligence reporting systems run by CSIS's Integrated Threat Assessment Centre, Public Safety Canada and the RCMP.

It included summaries of events in First Nations, including peaceful protests, highway blockades and seemingly unrelated events such as an underground oil spill.

They are described as reports "regarding activities that threaten public safety in relation to issues relating to Aboriginal peoples in Canada." In some, the information is attributed to media and "public safety partners."

Minister of Aboriginal Affairs and Northern Development (formerly INAC) John Duncan did not respond to an interview request, but his staff sent an email that acknowledged the existence of aboriginal "hotspots" reports.

NATHAN DENETTE/THE CANADIAN PRESS FILE



▶ Peaceful protesters stand guard at the front entrance of a housing development in Hagersville, Ont., near the 15-month aboriginal occupation at Caledonia on May 23, 2007.

1 news

A doctor's personal struggle shows how aggressively arthritis can strike young patients. Scan code for story.

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On the web at metronews.ca

Allan Small on what investors should do as negative headlines drag down stock markets. More at metronews.ca/investing

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Iconic book returns from final frontier

The Hockey Sweater an 'important part of Canadian heritage,' astronaut says While aboard space station, Thirsk shared book with U.S., Russian astronauts

JOE LOFARO/METRO



Dr. Robert Thirsk, left, and author Roch Carrier unveil the copy of The Hockey Sweater that was flown into space.

After travelling in space at eight kilometres per second, a copy of Roch Carrier's The Hockey Sweater officially landed in Ottawa.

Canadian astronaut Dr. Robert Thirsk met the book's esteemed author yesterday at the Library and Archives Canada building, and returned the famous children's book that he took with him on his six-month journey aboard the International Space Station in 2009.

"That was the most wonderful surprise that I could get, nothing's better than that," said Carrier, recalling his reaction to the email he received from space telling him his book was on board the ISS. "I could not go up — many times I wish I could — but my little book was there, so that was just wonderful as a writer."

Carrier and Thirsk read excerpts from the book to Grade 4 and 5 students from Roch Carrier Elementary School. Thirsk said he chose the book because it is a family favourite and he believes that reading is an important educational foundation.

"Mr. Carrier is a great Canadian, so it's my way of saying thank you to people like Roch Carrier who have made the dreams of young Canadians come true," said Thirsk.

The framed book will remain at Library and Archives Canada as a gift from Carrier.

JOE LOFARO

JOE LOFARO/METRO



NCC architect Stephen Robertson walks through the barn at the Moore Farm Estate in Gatineau. The commission is pitching the property to potential tenants.

Tenant sought for century-old estate

The NCC says it's confident its $4.8-million rehabilitation of the century-old Moore Farm Estate in Gatineau will attract a potential tenant to transform it into something the public can use.

The estate on Alexandre Taché Boulevard was donated to the government of Canada in 1973 by Virginia Parker Moore and includes a Queen Ann-style stable, a barn and an ice house. After receiving only one proposal for the estate in 2006, the NCC rehabilitated it to make it more attractive to potential tenants.

"It wasn't insulated. Now we have a four-season building that can be occupied for the whole year," said Roland Morin, vice-president of real estate management, construction and design at the NCC. "We invested $4.8 million, so that's the kind of money the future tenant won't have to invest in the site to operate."

The NCC is considering four possible uses for the estate, which include an equestrian eco-museum, a centre for health and healing, an outdoor education centre with a sports training facility, and an educational farm for the integration of people with disabilities.

The gem of the estate is the stable, which NCC architect Stephen Robertson called a perfect example of Queen Ann style.

"There aren't very many of these of this calibre in Canada," said Robertson.

A request for proposals for the site will be posted tomorrow on MERX, the Canadian public-tenders website.

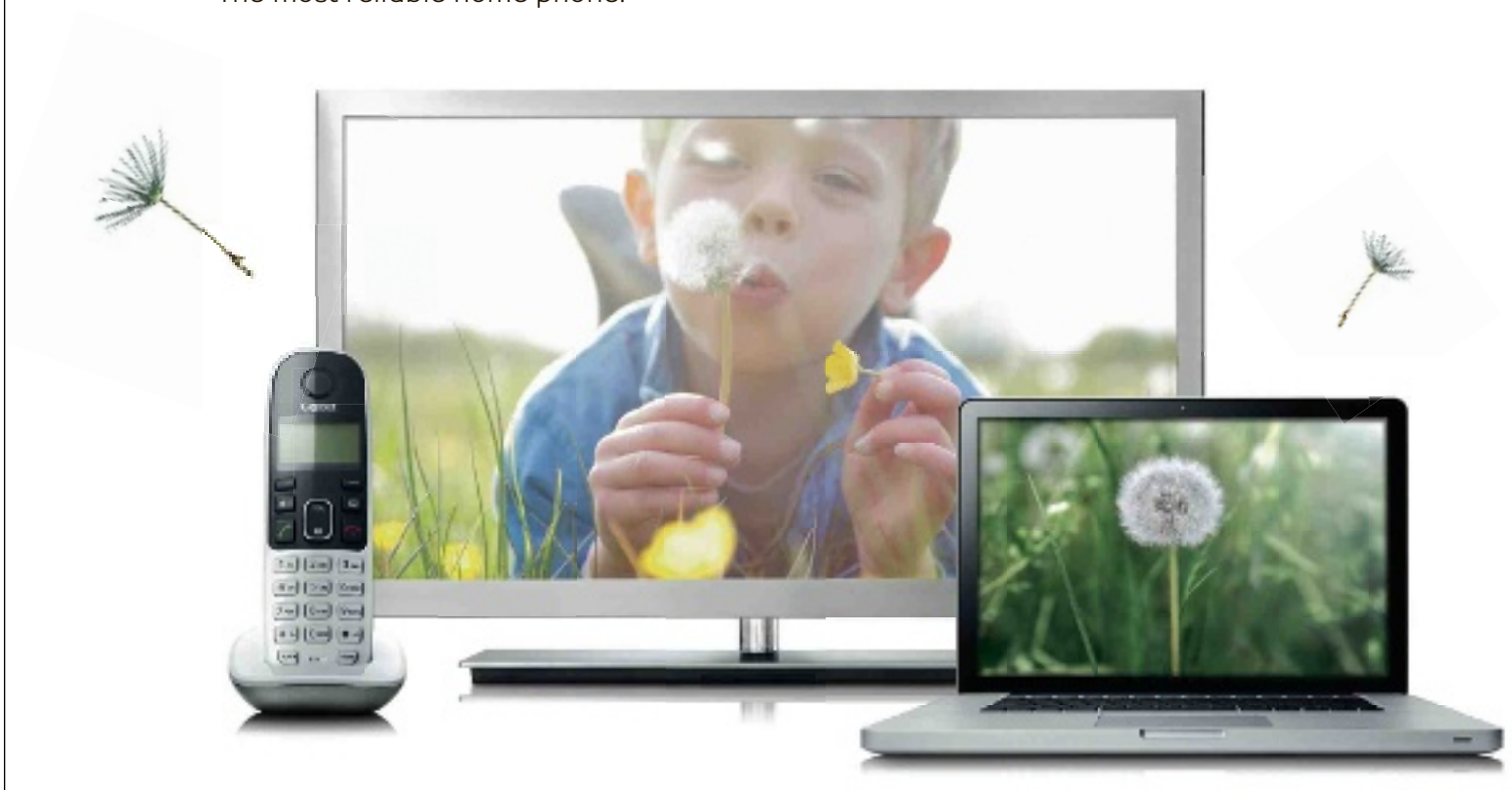
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GEOFF HOWE/THE CANADIAN PRESS



▶ Canucks fans in Vancouver prior to Game 5.

CANUCKS FANS ON EDGE



JEFF HODSON
@METRONEWS.CA

HOME ICE ADVANTAGE

A fog of nervous energy seemed to sit over Vancouver yesterday several hours ahead of puck drop.

People were hopeful to see their team win their first Stanley Cup, but anxious, especially given the 8-1 and 4-0 trouncings the team suffered when they were run out of Boston in Games 3 and 4.

Downpours throughout the morning did little to dampen spirits and as game time approached, people in Canucks sweaters began sprouting up on sidewalks, and at noon lineups had begun forming outside pubs.

Vancouver Mayor Gregor Robertson said the city was anticipating crowds similar in size to the 100,000 who celebrated downtown after Game 5.

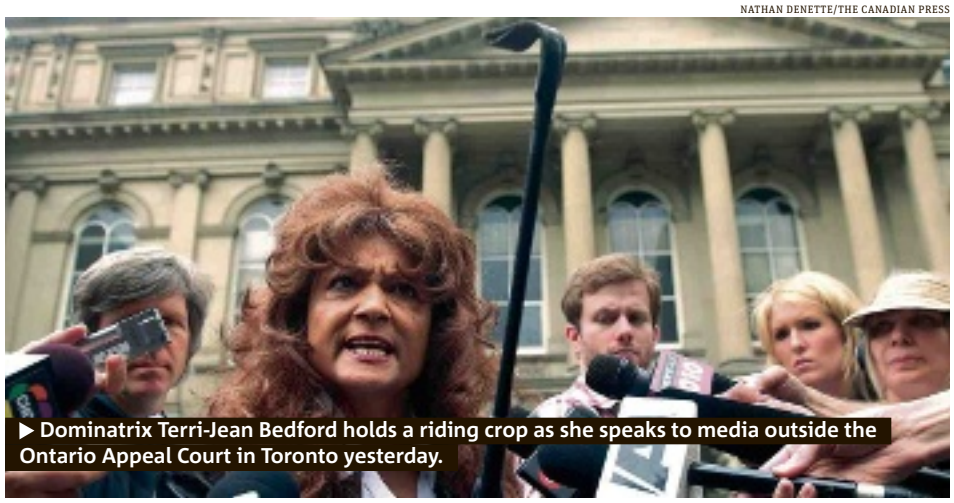
"I think we are going to see the Canucks come out charging tonight," Robertson told Metro reporter Sahara Giannone earlier in the day.

JEFF HODSON IS MANAGING EDITOR OF METRO VANCOUVER

Sex-trade laws on trial

- **Appeal court case could see prostitution effectively decriminalized**
- **Representatives for 19 groups will argue for and against the law**

NATHAN DENETTE/THE CANADIAN PRESS



▶ Dominatrix Terri-Jean Bedford holds a riding crop as she speaks to media outside the Ontario Appeal Court in Toronto yesterday.

A five-judge Appeal Court panel held the federal government's feet to the fire yesterday, grilling its lawyer about an assertion that prostitution laws aren't putting sex workers in danger.

Last year, an Ontario judge struck down the laws against keeping a common bawdy house, communicating for the purposes of prostitution and living on the avails of the trade.

Superior Court Judge Susan Himel found the laws were contributing to the danger faced by prostitutes, forcing them to choose between their liberty and their safety.

Sex-trade workers argue the laws prevent them from working indoors where it's safer, taking time to talk to a potential client to assess the risk they pose and hiring bodyguards.

The federal and Ontario governments are appealing the ruling, arguing there is no obligation to maximize the safety of prostitutes, because it is not a constitutionally protected right to engage in the sex trade.

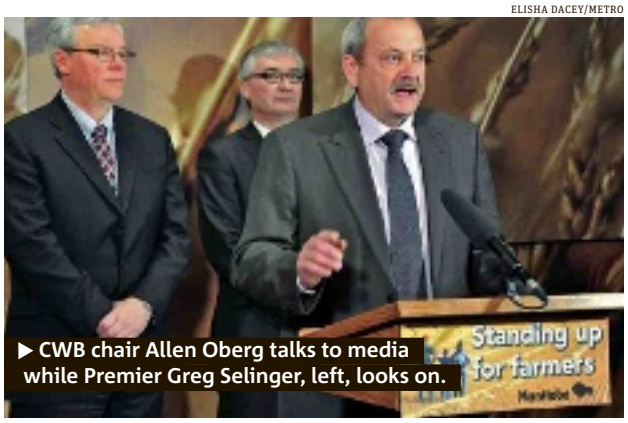
Ottawa's lawyer, Michael Morris, argued that prostitution itself is dangerous and the harms are posed not by the laws, but by violent pimps and johns. Morris had a tough go in front of the judges, as they closely scrutinized and at times appeared incredulous at the government's claims.

"I find it hard to understand why it's not self-evident that these provisions harm the ability to carry out prostitution safely," said Justice David Doherty.

THE CANADIAN PRESS

Manitoba launches campaign to save wheat board

ELISHA DACEY/METRO



▶ CWB chair Allen Oberg talks to media while Premier Greg Selinger, left, looks on.



ELISHA DACEY
@METRONEWS.CA

The province of Manitoba launched a media campaign yesterday in a bid to save the Canadian Wheat Board, saying farmers should be the ones to decide how it's run.

The campaign, which includes radio and television spots, is in response to Federal Agriculture Minister Gerry Ritz's announcement immediately after the federal election that his government will dismantle the CWB next year.

"The Harper government believes that the last federal election gave it the mandate to dismantle a farmer-run organization. That logic, frankly, escapes me," said CWB chair Allen Oberg.

Premier Greg Selinger said three out of four farmers want the right to vote on whether or not the CWB should be dismantled. Currently, all wheat and barley producers must market their grain through CWB.

Selinger said the demise of the wheat board will mean more than the loss of 400 direct and 2,000 indirect jobs in Winnipeg. It will also have serious effects on the town of Churchill, the only inland shipping port on the Prairies.

Selinger acknowledged the campaign is an unusual step, and said he has not talked to Minister Ritz or to the other Prairie provinces. He said the province will consider legal action if it fails to see a vote.

Ritz called the actions of the Manitoba government disappointing.

"It's disappointing but not surprising that the Manitoba government would be against an open and competitive market," Ritz said in a statement.

Authorized by the Ottawa West-Nepean PLA

What does Randall Denley think of Tim Hudak?

"Tim Hudak's tactics... have been juvenile and ineffective." *(Ottawa Citizen, December 7, 2009)*

"...look to PC leader Tim Hudak... so far, there isn't much to see." *(Ottawa Citizen, November 28, 2010)*

"[Hudak has] positioned himself as yet another guy who will do anything to buy your vote with your money." *(Ottawa Citizen, November 20, 2010)*

"Hudak plays politics like the Ottawa Senators' Chris Neil plays hockey. There's a lot of banging and crashing, but not much to show on the scoreboard." *(Ottawa Citizen, December 7, 2009)*

Smuggling ring smoked out in Romania

African diplomat and wife involved with Serbian crime ring, officials say

Prosecutors found 1,800 cartons of smuggled cigarettes yesterday in the car of an African diplomat's wife, who claimed diplomatic immunity and only left the vehicle when police smashed its windows.

The woman and her husband, the second counsellor at the Congolese embassy in Belgrade, are suspected of working with a Serbian crime ring that smuggled tax-free cigarettes from Montenegro to Romania.

"If it is proven that these accusations ... are true, the people who are found to be responsible will be recalled to the country to face disciplinary measures."
CONGOLESE FOREIGN MINISTRY SPOKESMAN PATRICK MUTOMBO

After a two-hour standoff, officers smashed the windows and discovered the cigarettes stashed in the car, which had been specially altered to transport the contraband. Some cartons were stacked where the back seat had been and covered with a black cloth to avoid detection.

The woman, identified as Esther Pascaline, and her Serbian driver were detained. **THE ASSOCIATED PRESS**

Balkan borders

- Montenegro was the chief European cigarette smuggling hub for Western Europe in the 1990s.
- Despite claims by Montenegrin authorities that smuggling has ended in the past decade, Montenegro remains — on a lesser scale — a drug and cigarette smuggling centre for Europe, officials say.

Bomber. Blaze



▶ A Second World War-era B-17 bomber is in flames after making what appeared to be an emergency landing in a cornfield in Oswego, Ill., yesterday.

THE ASSOCIATED PRESS/BOB MUDRA VIA THE DAILY HERALD

Flying Fortress engulfed

The vintage plane had taken off from nearby Aurora Municipal Airport. All seven people on board escaped before it was consumed by fire, according to the Federal Aviation Administration.

Police offer $50K for information on gruesome killing

A $50,000 reward is being offered for information that helps solve the killing and dismemberment of a man whose remains were found scattered in central Ontario.

Morris Conte, 45, was last seen May 21, 2010, in Caledon, about 60 kilometres northwest of Toronto.

Some of the Bolton, Ont., man's remains were found the next morning in the Sugarbush area of Oro-Medonte Township, north of Barrie, provincial police said yesterday.

A resident walking on Valley Woods Drive saw what appeared to be human remains and reported the gruesome find to police.

Later that afternoon, more than 100 kilometres from the first site, a person in Lake of Bays Township, east of Huntsville, discovered more human remains. **THE CANADIAN PRESS**

Asking for help

The victim's mother, Maria Conte, made a tearful appeal yesterday in Caledon for the recovery of all of her son's remains.

- "Help us bring Morris home so that we can get the proper burial that he deserves," Conte said.

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Libyan rebels break Misrata siege

Photographer at the front lines said rebels nearly reached Zlitan, about 135 km from Tripoli outskirts

Libyan rebels yesterday broke out toward Tripoli from the opposition-held port of Misrata, 225 kilometres to the east, cracking a government siege as fighters across the country mounted a resurgence in their four-month-old revolt against Moammar Gadhafi.

The rebels gained a diplomatic boost as well when a visiting German foreign minister said the opposition government was "the legitimate representative of the Libyan people."

Guido Westerwelle was visiting Benghazi, the capital of the rebel-held east of the country, to open a liaison office and hand over medical supplies.

He stopped short of full diplomatic recognition of the Transitional National Council, as has the United States, awaiting the ouster of Moammar Gadhafi from his more than 40-year rule in the oil-rich North African country.

Germany has refused to participate in NATO airstrikes in Libya and withheld its support for the UN resolution that allowed the attacks.

What started as a peaceful uprising against Gadhafi has become a civil war, with poorly equipped and trained rebel fighters taking control of the eastern third of Libya and pockets of the west. But fighting had reached a stalemate until last week when NATO began the heaviest bombardment of Gadhafi forces since the alliance took control of the skies over Libya under a UN resolution to protect civilians from Gadhafi's wrath.

THE ASSOCIATED PRESS

Losing support

In London yesterday, Libyan analysts reported that Gadhafi lost another close official who defected and fled the country.

- **Sassi Garada,** one of the first men to join Gadhafi when he took power, left Libya through Tunisia, according to analyst Noman Benotman.
- **Guma el-Gamaty,** U.K. organizer for Libya's interim council, also confirmed the defection.
- **Initial reports** said Garada, who reportedly passed up several military promotions over the years to stay out of the limelight and serve Gadhafi, fled to Britain, where he has family members, but Benotman said Garada was in Switzerland.

LIBYAN STATE TV/THE ASSOCIATED PRESS



▶ In this image made from video broadcast by Libyan State TV last Sunday, Libyan leader Moammar Gadhafi, right, plays a game of chess with the visiting president of the World Chess Federation Kirsan Ilyumzhinov at an unknown location. According to Russia's Itar-Tass News Agency, Ilyumzhinov, a former leader of a republic in the Russian Federation, said the Libyan leader told him during the game that he does not have plans to leave Libya.

Gadhafi's war games

In a lighter moment, Moammar Gadhafi was shown on Libyan television playing chess with the visiting Russian head of the World Chess Federation.

The federation is headed by the eccentric Kirsan Ilyumzhinov, who until last year was the leader of Russia's predominantly Buddhist republic of Kalmykia. He once claimed to have visited an alien spaceship.

The television report showed Gadhafi, dressed all in black and wearing dark sunglasses, playing chess Sunday evening with his Russian guest.

THE ASSOCIATED PRESS

23

Rebels encountered a major setback near the oil town of Brega yesterday. A doctor in the town of Ajdabiya, where the casualties were taken, said 23 rebels were killed and 26 wounded in a government ambush.









China. Flooding

▶ Residents walk past houses destroyed by a landslide triggered by torrential rain in south China's Hunan province.

THE ASSOCIATED PRESS

Worse for the weather

More heavy downpours are forecast this week over central and southern China, where seasonal flooding has already killed more than 100 people, Chinese state media reported yesterday.

Unrest in South China

◗ Thousands gather in destructive protest ◗ Violence in Xintang broke Friday after pregnant woman pushed in sweep against street vendors

Protesters in southern China's manufacturing hub torched emergency vehicles in an outburst of anger against police abuse of migrant workers, eyewitnesses said yesterday.

Sunday night's rioting followed three days of growing unrest in the town of Xintang in Guangdong province, the linchpin of China's crucial export industry. Accounts of the violence in state-controlled media have been sparse, but the official Xinhua News Agency says a government team has been sent to the area to quell rumours surrounding the unrest.

While violent protests in China have become frequent over the past decade, recent weeks have seemed particularly turbulent. The vast region of Inner Mongolia last month saw its biggest street demonstrations in two decades, while a man angry over land seizures set off three homemade bombs at government buildings in a southern city, killing three people and wounding at least nine others.

Thousands of protesters attacked government offices in the central city of Lichuan last week following the alleged beating death of a local city council member while in custody.

Though the triggers for the events are different, most are driven by resentments over social inequality, abuse of power and suppression of legitimate grievances.

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THE TRUTH ABOUT LIFE IN A CUBICLE

SHE SAYS ...

JESSICA NAPIER
METRO



I used to think Office Space was a hilarious comedy about disgruntled co-workers at a fictional software company. After working at a desk job for a little more than a year now, I have come to realize that the film is actually an extremely factual documentary.

While watching workplace-centric sitcoms and movies prepared me for the murderous feelings I would develop toward the photocopier, there are some realities of office life that you just can't anticipate until you start working in the trenches — or, in this case, the cubicle. Here are 10 things I've learned so far:

1. While the average workday lasts eight hours, you will only need to put in approximately three hours of real work. The rest of your day will be spent making to-do lists and looking at celebrity blogs.

2. You will be expected to eat a lot of cake. In order to avoid offending your co-workers, you will have to fake it with a slice of bad store-bought vanilla cake about once a month.

"The time it takes to complete an assignment has nothing to do with your own productivity but is entirely reliant on the number of bosses you have and how likely they are to disagree with one another."

3. If your name is Jessica, someone will call you "Jennifer" at least once a week.

4. The coffee brewed by the communal machine in your office kitchen is the worst cup of coffee you will ever taste. However, after refusing to drink it for a month or two you will eventually give in because … well, it's free.

5. When you buy yourself flowers, everyone will assume you have a secret admirer. If you like to be entertained by gullible co-workers, you will run with it and invent a fictional lover named Carlos who just loves to spoil you.

6. At some point, your boss will want you to befriend him or her on Facebook. You will spend two hours untagging photos of yourself posing as a drunken (insert wildly inappropriate theme-party costume here) before you begrudgingly confirm the friend request.

7. The time it takes to complete an assignment has nothing to do with your own productivity but is entirely reliant on the number of bosses you have and how likely they are to disagree with one another.

8. Even if your co-workers earn more money than you, they will still steal your food.

9. The IT manager is your best friend. Especially if you have a habit of spilling water on your keyboard or downloading viruses.

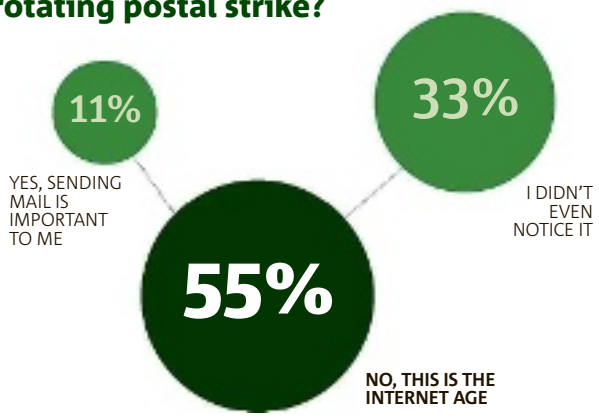
10. When you write lengthy emails with flowery language that would have made your grad school professor weep with pride, no one will care. After one month, all of your emails will contain only two words: "See attached."

Read more of Jessica Napier's columns at metronews.ca/shesays

metro life panel

Register at metrolifepanel.ca and take the quick poll

Have you been inconvenienced by the rotating postal strike?



Local tweets

- **@99ElliotW:** Paul Maclean will be named the new Coach of the Ottawa Senators. He served as an assistant coach to Babcock with the Wings before. #NHL
- **@SensTeamFan:** Paul MacLean as the #SENS new coach? really? an assistant head coach? really?
- **@missngkim:** Good choice on hiring Paul MacLean! @NHL_Sens
- **@missfish:** We're going out for pizza tonight. Where's your fave place to get a slice in #Ottawa #Ottcity? Help!
- **@alxross:** Storm right now it #ottcity reminds me of the storm in Jurassic Park. Won't be that bad, but still got me on my toes. Bus waiting sucks
- **@BTWonderdog:** Bring the cup home #Canucks!
- **@iancapstick:** Is there a good burrito-specific place in Ottawa? (ie: not one of Ottawa's reg. Mexican restaurants)
- **@paminottawa:** Still need #help from my #ottawa tweeps — anyone know good part-time daycare option in Kanata North for twins this Fall? Shld be easy, rite?

Worth mentioning

LONDON. A 40-year-old American man living in Scotland said yesterday he is sorry for posing as a Syrian lesbian blogger who offered vivid accounts of life amid revolt and repression in Damascus, a hoax that has exposed the difficulty of sifting truth from fiction online.

Tom MacMaster said he created the fictional persona of Amina Arraf and the Gay Girl in Damascus blog to draw attention to conditions in a Middle East convulsed by change.

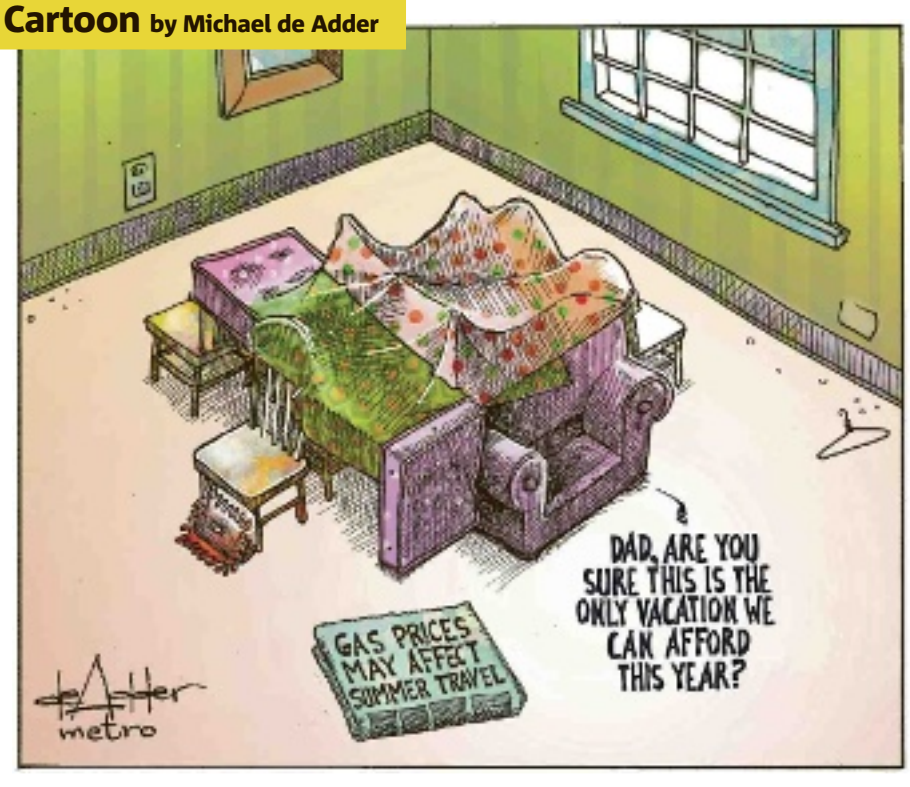
"I never meant to hurt anyone," the Edinburgh University grad student wrote in an apology on the blog. The university said it had suspended MacMaster's computer privileges while it investigated whether he had breached its rules.

Gay-rights activists and bloggers say MacMaster has endangered real people who are trying to tell their stories in authoritarian societies.

"He completely stole the limelight of real LGBT bloggers and activists in the Middle East and diverted it in a negative way," said Dan Littauer of the website Gay Middle East.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder



WEIRD NEWS

Miami suffers premature celebration



The Dallas Mavericks' win over the Heat is a huge upset for basketball fans in Miami. Making matters worse, an ad in a local paper mistakenly congratulated the Heat on winning.

A full-page ad that ran in yesterday's Miami Herald reads "Congratulations Miami" next to photos of Heat championship T-shirts and hats from Macy's. One T-shirt reads "Heat 2011 NBA Finals Champions" and the ad shows the Heat's logo on a hat with the words "NBA Champions."

The ad ran under a story about the Heat's loss.

The newspaper issued a correction and apologized for any inconvenience.

A Macy's spokeswoman called it an unfortunate error and apologized to Heat fans.

The Mavericks beat the Heat 105-95 Sunday in Game 6 of the NBA finals in Miami.

THE ASSOCIATED PRESS

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ELITE GATINEAU

WOULD YOU LIKE A MANICURE WITH YOUR OIL CHANGE?



Elite Mazda, located at 1205 Boulevard La Vérendrye West in Gatineau is more than the National Capital Region's largest and most modern Mazda dealership. It is a refuge for customers who are tired of cramped dealership waiting rooms with nothing more than bad coffee and four walls to stare at. Just one look at Elite Mazda's indoor koi pond, palm trees and fireplace makes this abundantly clear.



"Our emphasis is on customer service," says Nader Dormani, owner of Elite Mazda. "This is why we created Elite Mazda to include an Internet cafe, a bistro, a hair and nail salon, games room, and a fitness centre complete with change rooms and showers. Of course, for those that can't afford to wait, Elite Mazda also offers shuttle service and loaner vehicles."

With all these amenities and extras, a visit to Elite Mazda's state-of-the-art 12-bay service centre is now something customers can look forward to, rather than dread. The best news: Even with all these added extras, "our service costs are very competitive," says Mr. Dormani. "In fact, Elite Mazda has the lowest hourly labour rate in the region, and every service call includes a complementary exterior car wash – even if you are just getting an oil change."



Here's a closer look at Elite Mazda. The customer lounge is warm and inviting, thanks to comfortable leather furniture, high definition TVs, massage chairs and working fireplace. The Internet cafe is equipped with six wide screen PCs with full Internet access. Elite also offers Wi-Fi throughout the dealership, so that people can use their own laptops and smart phones to connect to the Web. For refreshments, the bistro offers coffee, juice, soft drinks and water plus a selection of donuts and muffins – all free for Elite Mazda service customers.

For those who prefer a workout while waiting, Elite Mazda's Fitness Centre is equipped with a treadmill, stationary bike, Stairmaster and an elliptical exercise machine. Afterwards, customers can relax by getting their hair done and/or manicure in the dealership's onsite salon, or use the massage chairs. As you unwind, kids will stay amused in our playroom, which has a Playstation 3 for young adults, and toys and crafts for younger children.



"There is so much to do at Elite Mazda that customers may be tempted to stay long after their cars are serviced." Says Mr. Dormani. "We want customers to feel welcome here," he says. "Our goal is to achieve 100 percent customer retention and to become Canada's leader in customer satisfaction."

In addition to all these facilities, Elite Mazda is equipped with a spacious showroom that can hold more than 20 cars. That's more than enough room to make all the latest Mazda Models available in complete indoor comfort, including the all-new 2011 Mazda 2 and 2012 Mazda 5.

ELITE MAZDA • 1205 BOUL. LA VÉRENDRYE OUEST • GATINEAU

ELITEMAZDA.CA • 819.568.6000

A loss of Facebook?

- Report suggests website losing ground in Canada
- Developing countries picking up the slack

The head of Facebook Canada says there's still plenty of room for the social networking giant to grow north of the border, but some new numbers suggest that may not be the case.

A report from trend-tracker Inside Facebook says the number of Canadians using the site has dropped by about 1.52 million to 16.6 million.

Canada's numbers reflect a global trend suggesting that Facebook use in a country seems to plateau when 50 per cent of the population is signed up. Some 49.27 per cent of Canadians use Facebook, says another trend tracker, Socialbakers.

But Jordan Banks, managing director at Facebook Canada, says he doesn't believe Facebook use in Canada is slowing.

"I don't think we're plateauing at all," he said in an interview this year. "When you take a look at ... how many times they come in a given month to how much time they spend, pages viewed — it continues to grow at a very rapid rate," he said.

THE CANADIAN PRESS

Global village

- **The number of people** joining Facebook in non-Western nations, notably Brazil, Mexico, Thailand and India, is on the rise, Inside Facebook Gold says.
- **The number of users** worldwide is just 13 million shy of hitting 700 million. Europe has the most number of users, at 205 million, according to Facebook's Ads Platform.

METRO WORLD NEWS

VINCENZO CONSENZA/FOR METRO

▶ The new edition of the World Map of Social Networks, created twice a year by Italian digital-management expert Vincenzo Consenza, shows that Facebook is the most popular social network in 119 countries among 134 nations analyzed. The map, released yesterday, is based on traffic data from Alexa & Google Trends for Websites.



Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
– 144.28 (12,939.72)	+ 0.16 (102.28¢ US)

Oil	Natural gas
– $1.99 US ($97.30 US)	1,000 cu ft $4.76 US (+ 0.4¢ US)

Gold $1, 515.60 US (– $13.60 US)

Maple bids for TSX

Maple Group, the Canadian consortium looking to buy TMX Group Inc., has launched its $3.7-billion hostile bid, pitching it as a stronger platform for growth compared to a friendly merger with the London Stock Exchange Group.

Calling the Toronto exchange a global leader, Luc Bertrand, Maple Group spokesman and vice-chairman of National Bank Financial, said, "Our vision at Maple is to build on (its) strengths rather than shore up the LSE's weaknesses."

For the Maple deal to go forward, TMX shareholders must vote down the proposed merger with the London exchange at a meeting on June 30.

THE CANADIAN PRESS



Pensions, wages block Air Canada deal

Air Canada was heading toward its first strike in more than a decade amid last-minute negotiations between the airline and 3,800 customer-service and sales agents.

The two sides have reached agreement on some issues but the major stumbling blocks of wages and pensions were outstanding as talks continued yesterday at a Toronto hotel as a midnight strike deadline approached.

"We did a lot of work but it just seems to me that we should be moving a little bit quicker than we are right now," Ken Lewenza, president of the Canadian Auto Workers union, said yesterday.

He said the union's proposal, submitted Sunday, aims to provide members with pension security and wage increases after a decade of uncertainty, but acknowledged there was "a huge gap" between the sides on the two key issues.

"At the end of the day our members have had 10 years of significant sacrifices. Now it's time to make some progress, and wages are a big key to getting an agreement."

Air Canada declined to discuss the negotiations, but said it was working toward reaching a settlement that "respects our employees and ensures Air Canada's long-term sustainability without a labour disruption."

THE CANADIAN PRESS

Do I hear $900M for Nortel? Going, going ...

Bidding for Nortel's last major technology assets — including wireless patents — is expected to surpass the $900 million US that Google has offered and could attract Apple Inc., chipmaker Intel, Research In Motion and other tech giants.

The deadline for bids was 4 p.m. yesterday, but it could be extended if a company says it needs more time to prepare its bid, U.S. patent expert Richard Ehrlickman said.

The auction for Nortel's 6,000 patents and patent applications is on June 20 in the United States. Bidding could go as high as 50 per cent above Google's stalking-horse bid to $1.35 billion US, Ehrlickman said.

Before filing for bankruptcy protection in 2009, Nortel Networks Corp. was Canada's biggest technology company. Its remaining patents include advanced wireless-network technology for long-term evolution networks, which are starting to roll out globally. The LTE patents are considered the jewels among Nortel's assets due to the popularity of smartphones, computer tablets and other mobile devices.

The patents also include audio, video, data networking, Internet, web-search and social-networking technology.

Research In Motion hasn't commented on whether it will be bidding. Ehrlickman said Sweden's Ericsson, Chinese telecom company ZTE Corp. as well as U.S.-based RPX Corp. could also launch bids.

But whichever company wins the auction will have to deal with software giant Microsoft, which has claimed a "worldwide, perpetual, royalty-free license to all of Nortel's patents" after a 2006 deal.

THE CANADIAN PRESS

Patent files

- **Nortel's assets are** estimated to have brought in at least $3.2 billion so far.
- **Over the past couple of** years, Nortel has sold its wireless network business to Sweden's Ericsson for $1.13 billion and its enterprise solutions business to U.S.-based Avaya Inc. and others for $689 million.

CONTRIBUTED



▶ Jim Carrey is all in a flap in Mr. Potter's Penguins.

Face time with Jim Carrey

On a frigid set with real penguins, the Canadian comic returns to his famous facial mugging It's still all just play for Carrey



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METRO WORLD NEWS IN LOS ANGELES

After years of making a fortune off of his elastic face, Jim Carrey is still finding new ways to manipulate it — though not all of them are intentional.

"My face kind of operates on its own nowadays. It just kind of does what it wants to do. Sometimes it's appropriate and sometimes it's not," he says. "Sometimes in the editing room, we'll go, 'That's not human. We want to take that out.'"

After a few live-action roles that required less facial manipulation, Carrey returns to the type of mugging that made him famous in his latest, Mr. Popper's Penguins, which pits his neat-freak corporate real estate broker against six new waddling house guests — played by a mix of animatronics, CGI stand-ins and real, live penguins. It was a working environment more than a little challenging.

"The set was so cold that I was fighting pneumonia the entire time," he says. "Then there was going outside when it was 75 or 80 degrees in five layers of clothing and a parka."

Acting challenges aside, Carrey cops to an affinity for his flightless co-stars. "I think that's why we love penguins, because they don't belong anywhere," he says. "They're wobbly and vulnerable, and they're not really fish and they're not really birds, and that's how I feel. Probably a lot of people do."

A return to more physical comedy also meant a return to childhood for the 49-year-old actor. "I find I'm still doing things and little tricks and fun things that I created when I was 10 years old," he says. "The play you do when you're a kid is so super-important."

Intense

Jim Carrey has become an intense user, with more than 3 million followers on Twitter. Here are some recent postings.

- **@JimCarrey** Yesterday i tried to take a pic of the paparazzi that i have inherited here in NY but i left the lens cap on. Guess that's why they're them and i'm me.
- **@JimCarrey** Queen Victoria's bday. Another great excuse to get drunk and blow sh#t up!

DVD Releases

Buy it | Rent it | Borrow it | Yawn | Don't bother

John Wayne vs. aliens

Battle Los Angeles
Genre: Sci-fi
Director: John Liebesman
Star: Aaron Eckhart

Marines vs. invading space aliens, in which Staff-Sgt. Michael Nantz (Aaron Eckhart) and his fellow Ò summon John Wayne's squinty ghost too bluntly and too often. PETER HOWELL



Hall Pass
Genre: Comedy
Directors: Peter and Bobby Farrelly
Stars: Owen Wilson, Jason Sudeikis

For the first 20 minutes, which is about how long it takes to set up the gimmicky plot about husbands on marital parole, Hall Pass looks like might be worth more than just a pass.

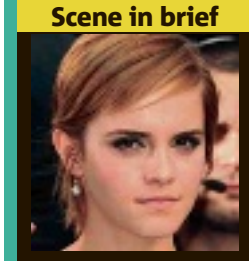
Owen Wilson and Jason Sudeikis click as bored buddies Rick and Fred, who are living happy family lives in Providence, R.I.

It's when Rick and Fred are granted the "hall pass" of the title – one week to do whatever they want – that the movie descends to gross-out depths, with predictable and dull results. PETER HOWELL



2 scene

Scene in brief



Emma Watson is preparing for the next chapter of her life. The Harry Potter actress acknowledges that she needs to find her way out of the bubble, which she describes in part as the safe world of life on the set of the successful film franchise.

Watson says in the July issue of Vogue magazine that she wants to explore more of her creative side, and cites Patti Smith as a role model.

"I want to live like Patti," she said of the singer-songwriter, visual artist and poet.

Watson plays Hermione Granger for last time when the franchise's last film, Harry Potter and the Deathly Hallows: Part 2, is released in July.

THE ASSOCIATED PRESS

Hollywood's new top lobbyist avoids tough issues in speech, praises Chinese industry



Biel is 'completely over' Timberlake

Sources say actress getting close with co-star Colin Farrell

Jessica Biel's dating life has been the subject of much speculation since she split from Justin Timberlake, and now she's rumoured to be getting close to her Total Recall co-star, Colin Farrell, according to Hollyscoop.

"Jessica loves Colin's accent and personality," a source says.

"She's completely over Justin, she's having fun being single and thinks Colin is a blast.

They've been hanging out between takes and Colin's suggested they go out after work."

METRO

GETTY IMAGES



▶ Jessica Biel is starring alongside Colin Farrell in Total Recall.

LeAnn Rimes insists there's no sex tape

LeAnn Rimes wants to make something clear, so she's skipping the publicists and going straight to her fans.

"I hear there are rumours of a 'sex tape,'" Rimes posted to her Twitter account following reports of a steamy home video starring the country singer and ex-husband Dean Sheremet.

"I have never filmed myself having sex on tape, period. Haven't joined that club." METRO

GETTY IMAGES



▶ LeAnn Rimes

GETTY IMAGES



▶ Olivia Wilde

Wilde has a dog of a boyfriend

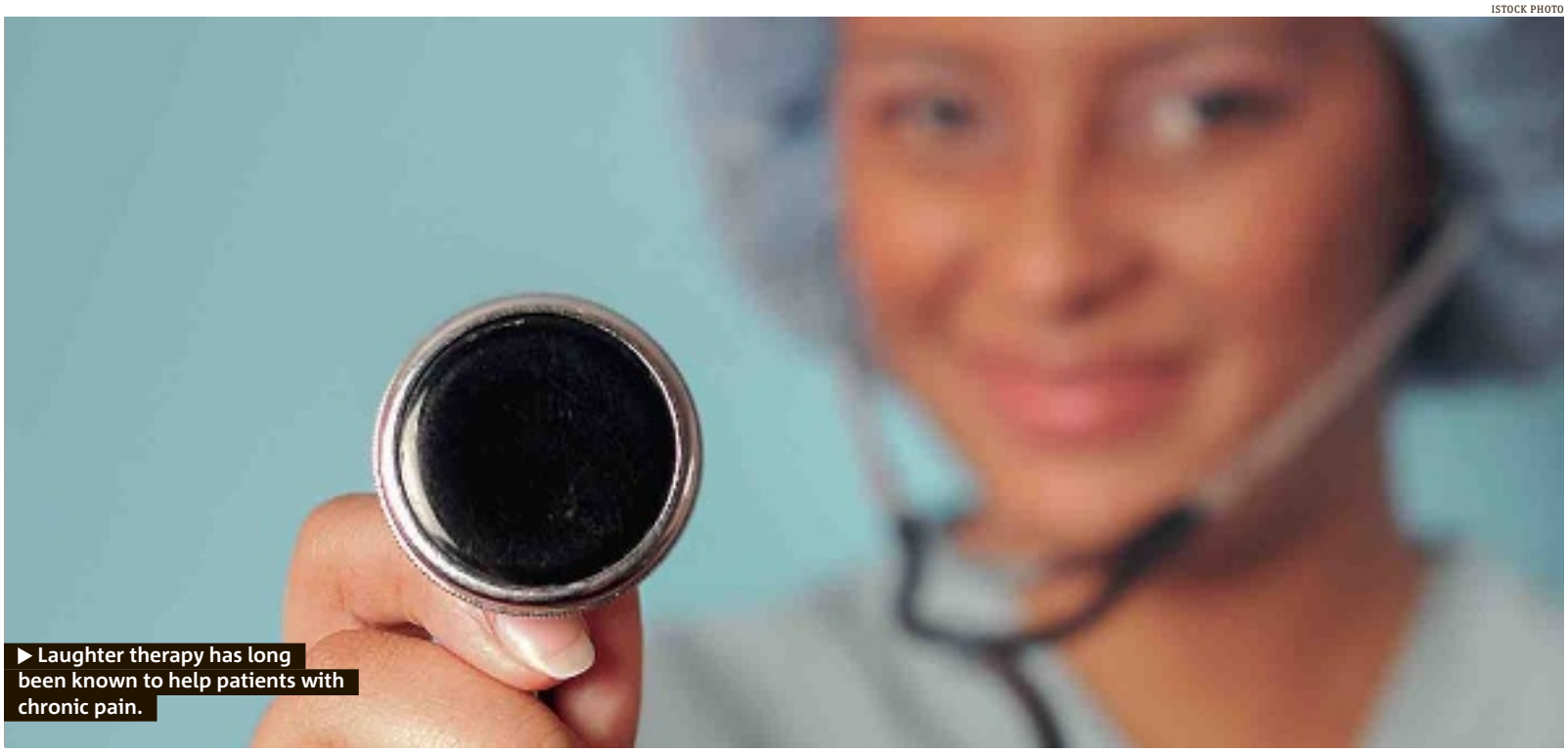
Since her divorce earlier this year, Olivia Wilde has been linked to several eligible bachelors, including Bradley Cooper and Justin Timberlake, but the actress insists there's no one in her life besides her dog.

"He is my only boyfriend," she tells People magazine.

"He's the only one that I need." As for all those dating rumours?

"It is funny, actually," she says. "I have to laugh. I'm not dating anyone." METRO

ISTOCK PHOTO



▶ Laughter therapy has long been known to help patients with chronic pain.

The best medicine?

Project Commando gets the blood pumping with a big dose of its laughter therapy program ◐ The non-profit group helps support those with chronic disease, in severe pain

CELIA MILNE
LIFE@METRONEWS.CA

They're not sick jokes, but rather jokes for the sick.

A new, non-profit company called Patient Commando is making sure that stories about health struggles — both sad and funny — get told and listened to. Laughter therapy has long been known as a powerful tool to release tension and get the blood pumping more efficiently.

In Patient Commando's promotional video, a comedic actor spoofs everyone's worst hospital nightmare.

Donning his hat, socks and shoes, he tries to make a dignified exit, but his hospital gown isn't done up and his bare bum jiggles hilariously for all to see.

Comic relief — through laugh therapy and live theatre shows — is one of the ways that Patient Commando helps support people who have chronic disease, terminal disease or are suffering from bereavement.

"I'm interested in the expression of the story. Listen to the patient voice."
TORONTO FOUNDER OF PATIENT COMMANDO ZAL PRESS

The company also encourages people to tell their stories.

"I'm interested in the expression of the story," says Toronto founder of Patient Commando Zal Press. "Listen to the patient voice."

Press himself has struggled with the painful symptoms of Crohn's disease, an inflammation of the intestines, for 30 years.

"It feels like a cat trapped inside my gut trying to claw its way out," he tells Metro.

Press gave up his job selling home decor to start Patient Commando.

The company will be conducting public "laugh therapy" workshops at the Centre for Social Innovation in Toronto from June 15 to July 30.

For more information, go to patientcommando.com.

Good laughs

It seems obvious that laughing is good for us, but is there actual evidence? Spanish researchers assessed all the literature they could find about laughter therapy. A good chuckle has health benefits that are:

- Physical
- Psychological
- Social
- Spiritual
- Quality-of-life related

3 life

Fitness pick

Fixx ID
To make the fitness freaks of this world happy and safe, Road ID have the Fixx ID tag on which crucial information, including name, address, medical records, insurance and emergency contacts, is engraved.
METRO



ROAD ID
$24.99
roadid.com

Study: Weight-loss surgery fails to extend life in very obese older men during first 7 years





WANTED
Home-Stay Families

Interested in a culturally and socially rewarding opportunity?

We are looking for English-speaking families to welcome one or two French Canadian and/or international students aged 15-17 years this summer who will be coming to study English in Nepean. (Merivale and Viewmount/Meadowlands area)

July 3rd to August 6th, 2011

Must provided the following:
- A furnished bedroom
- 3 meals/day (bagged lunch)
- A warm and friendly environment

For more information contact Christine at 613-294-3995 or email pennysherwood@rogers.com

fait parler le monde
gets the world talking
Le Centre linguistique du Collège de Jonquière
$ REMUNERATION PROVIDED $

Testing for autism not an exact science

Not enough evidence for routine screening for autism, researchers say

Not enough sound evidence exists for routine screening of all preschoolers to determine whether they have autism, researchers said Monday.

In a paper published in the online edition of the journal Pediatrics, a team at McMaster University in Hamilton said that screening and diagnostic tools are still being developed and revised, and no therapies have a "curative outcome or well-established efficacy to change the course of the condition."

More research is needed because none of the screening tests currently available has "high sensitivity, high specificity and high predictive value ... in a population-wide screening program," wrote Dr. Jan Willem Gorter of the CanChild Centre for Childhood Disability Research, and colleagues.

But the American Academy of Pediatrics has taken a different stance, recommending that screening for autism be incorporated into routine medical practice. Gorter said in an interview that he hasn't heard of any similar advice from the Canadian counterpart organization.

"If you want to implement such a program you would like to know if you do more good than harm. That actually was our starting point, to go to the literature and find out more about screening," he said.

"Clearly autism is a developmental disability that has a huge impact on children, lives and families and society, so that would be a good reason for screening. Then we looked at what the tests are and what we know about the tests for screening for autism and found there was not much literature supporting that, and you wonder if you do more good than harm."

He also expressed concern about the impact on parents and children if there is a false positive or false negative for autism spectrum disorder.

THE CANADIAN PRESS

By the numbers

Recent studies show that autism rates are on the rise.

Statistics The study in Pediatrics says the number of children diagnosed with autism has grown from an estimated 0.8 cases per 1,000 in 1983 to 11 per 1,000 in school-aged children in 2007.

ISTOCK PHOTOS



▶ There are conflicting opinions if standardized testing should be applied for autism.



Hip, hopeful and happy

- **Picture Carrie Bradshaw with her Stella McCartney Yoga mat and Chai Tea Lattes rather than cosmopolitans**
- **Life coach Gabrielle Bernstein, author of Add More-ing To Your Life, tells us how to be happy no matter what**



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METRO WORLD NEWS IN LONDON



Set your alarm to happy time

Remember to reconnect with the desire to be happy and tune into a positive perspective as soon as you wake up. Set an alarm on your phone saying, 'Today happiness is my primary function' and have it on snooze at morning, midday and in the evening.

Practice the 'F' word

Forgiveness is the key to personal development and the tool that will guide you to go past resentment and not stay hung up on negative thoughts. It may sound tough, but the first step is to identify the people you resent and you need to forgive and let go of the negative situation. This resentment is lowering your energy so moving on will give you the impetus to move forward.

Meditate

Meditation isn't about big Buddhas, spirituality and fluffy pillows — it doesn't have to be done one 'way'. It can be as simple as sitting and listening to a song that makes you feel good as you focus on your deep breath. Walking can also be a powerful tool for meditation: breathe in on one step and out on the other. The idea is to tune into that peace so that we can reconnect with the loving presence in us and make decisions based on loving choices.

Be grateful

Make a list of the things in life you are grateful for, focusing on the good stuff like your family, paycheck and sunny weather. Focusing on what we have, not what we don't have, unleashes the presence of our inner guidance, our 'ing'.

Focus on appreciation and gratitude and you will attract an abundance of high-level experiences such as a wave of energy and creative ideas.

Jump!

Jumping on a trampoline is invigorating, brings you balance and makes you feel like a child again. Moving is a big part of happiness and ultimately finding a physical activity that ignites inner spark, whether that's dancing or running, is vital.

Limit your daily intake of negative news

Between the Japanese Earthquake and Osama bin Laden's death and consequent terrorist threats, it seems like we've already hit our bad news threshold for 2011. Pick and choose the news you read. Instead of going to world news or main headlines, read the Life and Style or Sports section. Read your news at lunchtime, as you are less vulnerable to the impact of bad news on your mood at that time of the day.

WWGD?

If you're being wrongfully attacked by someone and are feeling defencelessness, ask yourself this, 'What would Gandhi do?' Expressing anger toward them will not make you feel any better so when in that moment try and remind yourself that fighting back isn't going to help. Focus on looking for and finding peace in a non-peaceful situation.

METRO WORLD NEWS



▶ She's like Gandhi, except hot.

30 days of no gossip

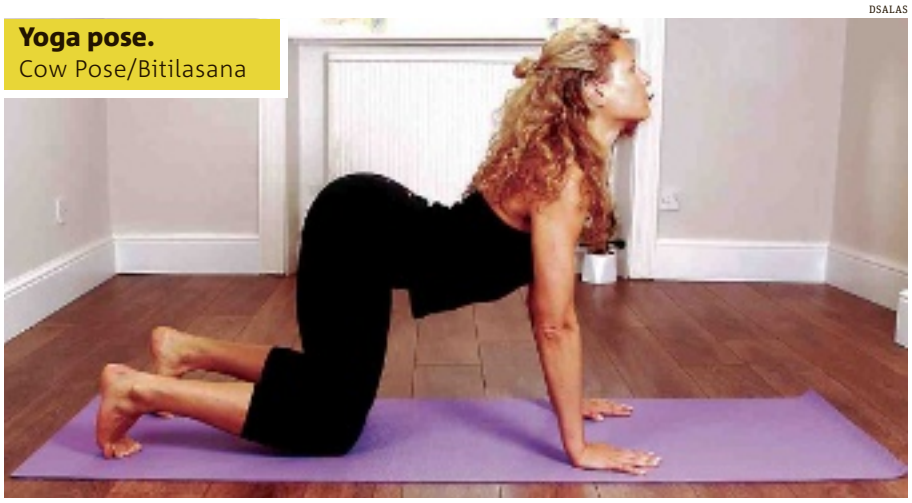
When we gossip about other people we lower our energy field.

Hang out with positive people that make you feel good and share you energetic space.

If your energy levels are low, you will attract low-leveled people.

Yoga pose.
Cow Pose/Bitilasana

DSALAS



What you do

1. Stand on your hands and knees in a table top position making sure your knees are set directly below your hips and your wrists, elbows and shoulders are in line and perpendicular to the floor.
2. As you inhale, lift your sitting bones and chest towards the ceiling, allowing your belly to sink towards the floor. Lift your head to look straight forward. Beginners can protect their neck by broadening across the shoulder blades and drawing the shoulders down away from the ears.
3. Exhale, coming back to neutral tabletop position on your hands and knees. Repeat 10 to 20 times.

Benefits

- Stretches the front torso, neck, abdominal organs and spine.
- Provides a gentle yet firm massage to the spine, kidneys and abdominal organs
- Aids digestion and elimination.
- Opens up the hips, eases neck and shoulder stress and tension.
- Improves posture

STEPHANIE KNUTSSON, BODYISM YOGA INSTRUCTOR

Up and down

A good nag

Don't feel guilty about venting to your friends about your colleagues. American researchers claim that the human brain has evolved to thrive on gossip, vital in helping us draw a line between who are our friends and our enemies. The study focused on the phenomenon of binocular rivalry (a different image is put in front of each eye and the brain sees one and then the other). People spent longer dwelling on the faces of those embroiled in scandal. This is our own way of keeping out of trouble.





Short men

Women are attracted to taller men, as they assume them to be more powerful and therefore more able to protect them and their children. According to one theory of evolution, women perceive taller men as being better fighters (able to give their opponent a good knock of the jaw), powerful and of overall stronger health. It could be time for Katie Holmes to rethink her choice of man.

Measles back again

Get measles shots up to date, health officials urge, as Quebec cases rise

Almost a decade ago, measles was declared eradicated in the Americas, thanks to widespread vaccination efforts. But outbreaks in Quebec and several U.S. states show that Western Hemisphere countries are still not immune to the virus, which can be imported by travellers and quickly infect pools of the unprotected.

And the number of those vulnerable to measles may, in fact, be growing, as some parents choose not to vaccinate their children for a variety of reasons, among them fear of possible side-effects or a belief that measles and other infectious diseases are merely a benign rite of passage in childhood.

Quebec's outbreak, which began early this year and this week jumped to 330 confirmed and suspected cases, has been traced to a traveller from France, where uptake of the measles, mumps and rubella vaccine hovers around 60 per cent of the population — far below the 90-plus per cent rate in Canada. Information provided by Quebec health authorities shows most of those infected were unvaccinated or inadequately vaccinated, making them easy targets for the highly infectious virus, said Dr. John Spika of Canada's Public Health Agency.

While vaccination schedules vary across the country, many jurisdictions call for a first dose at 12 months old and a second before admission to elementary school.

THE CANADIAN PRESS

ALEXANDER F. YUAN/THE CANADIAN PRESS



▶ Measles were once thought to have been eradicated in North America.

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CAN'T GET RID OF THAT HEADACHE?
YOUR BARK MAY BE CAUSED BY YOUR BITE

No matter who you are and how healthy you are, **we all experience headaches** from time to time. It is estimated that **80% of all headaches are caused by muscle tension**. More and more, we are learning that many **tension headaches can be attributed to your bite.**

The fact is that the muscles of the jaw work harder than many people realize. Aside from having to help hold the head upright, jaw muscles work hard to keep things stable every time you do something as simple as swallow… and that is something we do over 2,000 times a day!

If your bite is misaligned, unstable or even if you are missing just one tooth, the simple act of swallowing can put added stress and tension on the muscles of your jaw. The reason is that your jaw will be out of balance. This causes some muscles to work harder to compensate for those that may not be doing their job. Muscles that are forced to work harder are under greater tension and that can lead to increased headaches.

Many people may not be aware that their headaches can be related to their bite. They may take pain pills that relieve the symptoms, but do nothing to cure the problem. **In fact, without a trip to the dentist, the problem could go undiagnosed.**



Dr. David Lui
Dental Surgeon

Your dentist, however, can identify problems with your bite. More importantly, your dentist may be able to provide a cure.

That cure could be a small, simple looking piece of plastic in the form of either **a Night Guard or a bite splint**. The night guard can reduce tension by alleviating the tendency some people have to grind their teeth while they sleep. A professionally fitted bite splint can help readjust the alignment of your bite. Speak to your dentist to determine which option is better for you.

The important point is that **either of these treatment options can help reduce muscle tension while sleeping.** By bringing the jaw back into its natural range of motion, the muscles of the jaw are allowed to relax. Relaxed muscles do not create tension…and less tension means fewer headaches.

So if you find yourself suffering from headaches that do not seem to go away, mention it to your dentist. S/he can conduct an analysis of your bite and determine if a bite splint or night guard might be right for you. Doing so would be a much better option than simply taking more medication you may not really need…because getting rid of your headaches without medication is a healthy habit…and healthy habits lead to healthy lives.

Dr. David Lui
- Dental Surgeon

YES, YOU CAN FIND LOVE ON A BOAT

Names:
Dino, 45, and Jennifer, 39

Hometown:
Burnaby, B.C.

Together since:
2007

Their story:

CONTRIBUTED



▶ Dino and Jennifer

My fantastic husband, Dino, and I (Jennifer) met on a blues cruise on a gorgeous, hot and sunny Canada Day in 2007.

It was a scenic four-hour boat tour around Vancouver's stunning False Creek and English Bay.

The day's entertainment featured a band I'd wanted to see called Brickhouse.

I was there with a girlfriend and while she was off mingling, I wandered up to the front of the boat to drink in the view.

There were so many people already lining the bow's edge that there wasn't room for me and I had to hang back.

All of a sudden a very handsome man with a great smile (Dino) turned around and said, 'Come on up!' and scooched over to make room for me.

Sparks flew that night, and just over a year and a half later, on my birthday, he proposed!

We had a wonderful wedding day in June 2010 and are enjoying every adventure that comes our way.

WE WANT TO KNOW HOW YOU MET! GO TO 2FORCOUPLES.COM NOW TO SUBMIT YOUR LOVE STORY

HANGING OUT WITH YOUR OWN CREW IS STILL OK

SMUG MARRIEDS



ANGELA PACIENZA & DEREK CHEZZI
2FORCOUPLES.COM
TWITTER: @SMUGMARRIEDS

I can't stand my hubby's friends and he can't stand mine. What should we do? Ditch them?

Angela says ...

Every relationship is different and comes with its own set of dynamics.

I think it's perfectly healthy for each partner to have their own group of friends, whose company they enjoy separately.

Hopefully you also have some mutual friends.

If not, get out there and make some.

Derek says...

To Angela's point, hanging out separately with friends is totally healthy — so long as you don't start ragging on your partner after she or he has been out with them.

That will lead you down the path to problems.

Besides, if you're going to start knocking on someone, better to do it together.

It's more fun that way.

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Pistachios aren't just for snacking

These Orange Pistachio and Goat Cheese Crusted Pork Chops are perfectly paired with a quick summer salad

To round out this recipe for Orange Pistachio and Goat Cheese Pork Chops, a quick salad or some green beans and rice pilaf would be perfect.



Ingredients:

- Zest and juice of 2 oranges
- 125 ml (1/2 cup) finely chopped pistachios
- 1 log (125 g/4 oz) soft goat cheese
- 1 ml (1/4 tsp) ground allspice
- 5 ml (1 tsp) salt
- 2 ml (1/2 tsp) ground black pepper
- Four 175 g (6 oz) bone-in or boneless pork chops
- 125 ml (1/2 cup) white wine
- 250 ml (1 cup) chicken broth
- 125 ml (1/2 cup) orange juice
- 15 ml (1 tbsp) cornstarch
- Salt and black pepper, to taste

Preparation:

1. Heat oven to 190 C (375 F). In bowl, combine orange zest and juice, pistachios, goat cheese, allspice, salt and pepper.
2. Arrange pork chops in a metal roasting pan. Spread quarter of pistachio mix over top of each chop. Roast for 25 minutes or until the chops reach 68 C (155 F) at the thickest part. Transfer pork chops to a plate. Cover with foil to keep warm while preparing the sauce.
3. Place the pan on stovetop over medium heat. Add wine and scrape bottom of pan to loosen any browned bits. Add chicken broth and bring to a simmer. In a small glass, mix orange juice and cornstarch, then add to pan, stirring until thickened. Strain sauce through a mesh strainer, if desired. Adjust seasoning with salt and black pepper. Serve sauce with pork chops.

THE ASSOCIATED PRESS

MATTHEW MEAD/ THE ASSOCIATED PRESSS



▶ These pork chops combine orange zest, pistachios and goat cheese.

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MATTHEW MEAD/ THE ASSOCIATED PRESS



▶ You can reduce the prosciutto, ketchup and Parmesan in the recipe to reduce the sodium.

Is it possible for the Sloppy Joe to be even sloppier? Yup

These Sloppy Joes start with the intensely flavoured base of tomatoes, beef and pig products. Then they get spooned onto toasted deli rolls and topped with provolone cheese and tossed under the broiler for a minute or so. The result is a beefy sandwich that will leave everyone at the table satisfied.

Preparation:

1 In saucepan over medium-high, combine olive oil, garlic, onion, paprika, basil and oregano. Sauté until onion is tender and seasonings fragrant, about 5 minutes.

2 Add ground beef and prosciutto. Sauté until beef is cooked through and prosciutto begins to brown, about 8 minutes. Add tomato sauce, ketchup and vinegar and bring to a simmer. Stir in Parmesan, season with salt and pepper.

3 Set oven to broil. Arrange bottom halves of rolls on a baking sheet, then spoon some of the sloppy Joe mixture onto each. Top each with a slice of provolone, then broil just until cheese starts to melt. Top with the other halves of the rolls.

THE ASSOCIATED PRESS

Ingredients:

- 30 ml (2 tbsp) olive oil
- 4 cloves garlic, minced
- 1 medium yellow onion, diced
- 2 ml (1/2 tsp) smoked paprika
- 5 ml (1 tsp) dried basil
- 5 ml (1 tsp) dried oregano
- 625 g (1 1/4 lb) lean ground beef
- 250 g (1/2 lb) prosciutto, finely chopped
- 1 can (398 ml/14 oz) tomato sauce
- 125 ml (1/2 cup) ketchup
- 30 ml (2 tbsp) balsamic vinegar
- 125 ml (1/2 cup) grated Parmesan cheese
- Salt and ground black pepper, to taste
- 6 bulkie or kaiser rolls, toasted
- 6 slices provolone cheese

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Fast, fresh and cheap — fast food doesn't get any better

Nile Bakery serves up traditional Lebanese pies stuffed with tasty fillings

LUNCH RUSH

SHARI GOODMAN
FOOD@METRONEWS.CA



In an out of the way, unassuming space in a strip mall in Barrhaven, a new bakery has opened that serves freshly baked traditional Lebanese pies.

After ordering, you choose one of the tables lined up in rows, indicating it's more about the food than the atmosphere.

Pre-made pies are available and the cook suggested his favourite, the Beef Sausage with Cheese.

He threw it in the open flame brick oven to toast it up, then folded it over and popped it into a brown paper bag. This is fast food without a lot of fat.

I could have eaten the crust without any toppings. It was light and flavourful. The sausage was spicy and slightly smoky, pairing well with the cheese.

It was a perfect lunch for a price you can't beat.

Nile Bakery
3570 Strandherd Dr.
613-843-0000
Reservations: No
Social lunch: Yes
Client negotiations: Yes
Quick Solo lunch: Yes
Price range: $
Rating: 4 out of 5

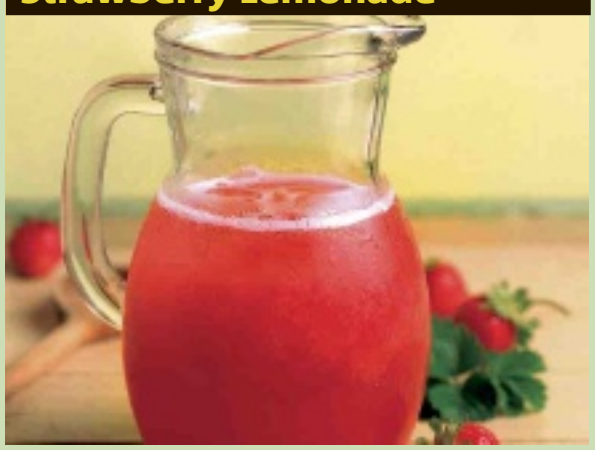
SHARI GOODMAN



▶ Beef Sausage and Cheese Pie ($2.50).

THE CANADIAN PRESS HO/ FOODLAND ONTARIO

Strawberry Lemonade



Preparation:

1 In a blender, blend together strawberries, lemonade concentrate and sugar until smooth.

2 For each drink, pour equal amounts of strawberry mixture and soda water into tall glass; stir and add ice.

THE CANADIAN PRESS/ FOODLAND ONTARIO

Ingredients:

- 500 ml (2 cups) fresh local strawberries, hulled and quartered
- 125 ml (1/2 cup) frozen lemonade concentrate
- 50 ml (1/4 cup) granulated sugar
- 500 ml (2 cups) chilled soda water
- Ice cubes
- Whole strawberries, for garnish

BE A FOOD SCROOGE

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA



Two weeks ago I met the brains behind a novel and frugal online grocery business, Tim Ray of Foodscrooge.com.

Inspired by websites such as Groupon.com, this dynamic 30-year-old entrepreneur developed the foodscrooge.com concept while completing his Queen's MBA entrepreneurship course.

The business was formally launched in March 2011 and thus far, it's a hit!

The big idea behind foodscrooge.com is to sell large quantities of discounted premium quality foods, such as T-bone steaks or tortellini, directly to the consumer from the manufacturer.

Many products are organic and produced locally. The discounts are offered because of the manufacturer has either overstocked inventory or wants to promote a particular product.

Foodscrooge.com subscribers get a notification of a weekly sale item by email. They buy the product online at a 40 to 80 per cent discount to retail price and then pick it up from a local grocery retail location that foodscrooge.com has partnered with. The consumer saves big bucks simply by storing their bulk purchases in a freezer.

If you're into bulk buying or are hosting a barbecue this summer, check out foodscrooge.com.

Give Dad a memorable day

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA



What a difference a generation makes. Back when my kids were small, Father's Day was under or overdone pancakes, handmade cards, a walk in the park and an extra glass of wine at dinner.

Now, we're talking barbecues, iPads, golf clubs and other products that put a serious dent in your wallet. With personal, non-mortgage debt per capita hitting an all-time high of $26,000, it's time for one word. Don't.

How much sense does it make to take on debt for a gift that says I love you, to the father or man in your life? None at all.

On the other hand, traditional cheaper gifts aren't necessarily appreciated. According to a recent TD Credit Cards survey, 65 per cent of dads are unimpressed with yet another tie on Father's Day.

Joining the list of Dad's day clichés (read, please don't buy one for me) are coffee mugs and DIY tools. A tool can be cool but if Dad is struggling to keep up around the house he might not want a reminder that there's more to be done.

So what's a daughter, son or wife to do? My vote goes to a picnic complete with a fun activity such as catch, Frisbee, a putting contest, an old-fashioned game of horseshoes or a bike ride.

Roast a chicken or fish fillets the night before, add a potato or pasta and green salad, throw in a fresh baguette with a soft, extra creamy cheese, grab some sinful cookies at a local bakery or make a batch of brownies — and you're done!

That's it! No shopping. No mall. No pressure. And we do feel pressure over Father's Day. The TD survey discovered that nearly 40 per cent of Canadian sons, daughters and wives are stressed over finding an appropriate and affordable gift. So give yourself a break and the man in your life a memorable (and inexpensive) day.

Get creative

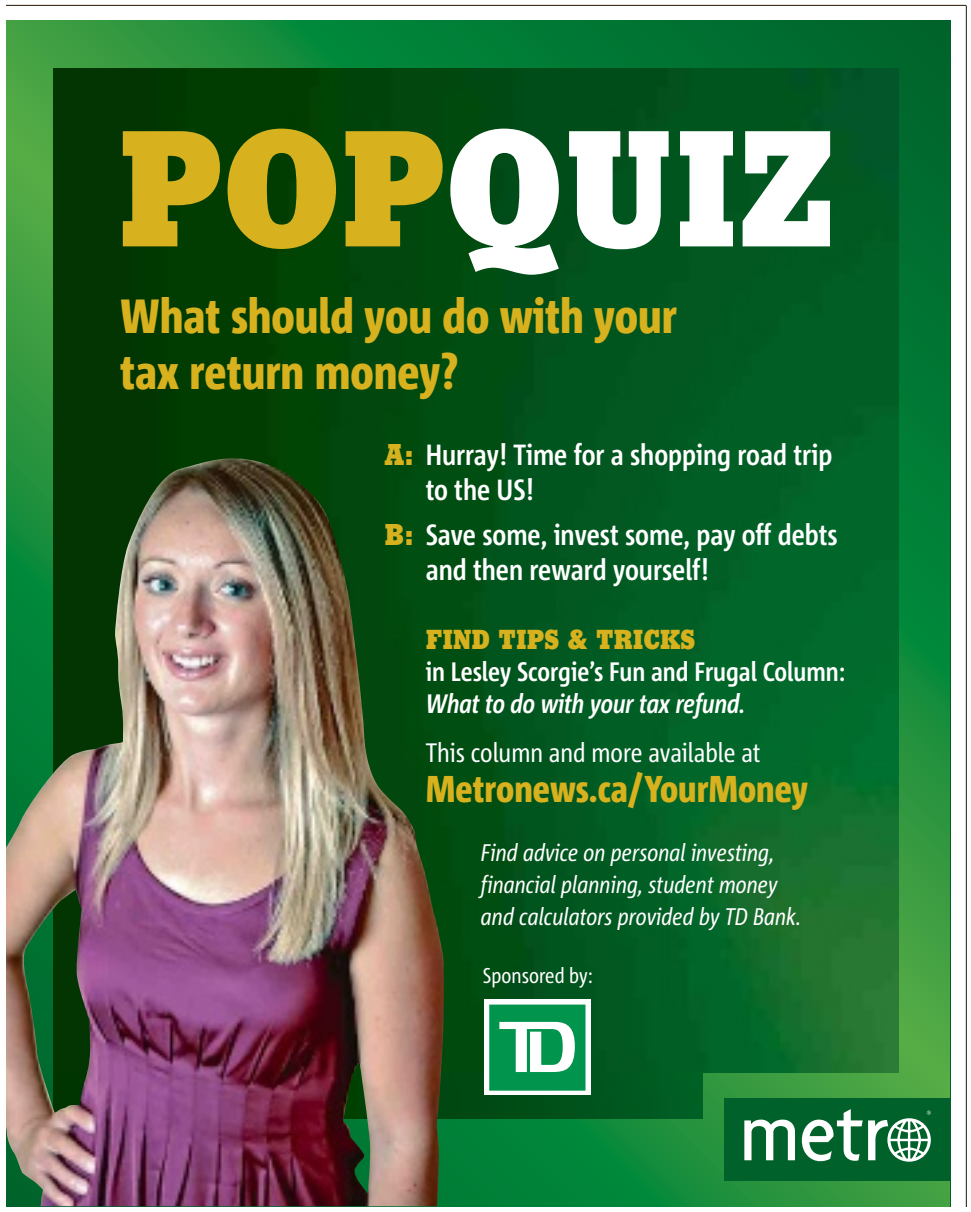
Make this Father's Day one to remember.

- Give him a unique experience.
- Take him to a place he's never been.
- Offer him a taste he's never tried.

ISTOCK



▶ Alison's Money Rule: A fabulous Father's Day starts, not with your wallet, but in the kitchen and the great outdoors.



Majority of Canadians not prepared to cover costs of a critical illness: Survey

Lifetime cost of cancer treatment in Canada between $25,000 to $30,000: Public Health Agency of Canada

A new survey suggests many Canadians aren't taking the steps needed to financially prepare for health-care costs that may crop up in the event of a critical illness.

Among more than 2,000 adults participating in the Desjardins Financial Security Health Survey, three-quarters of respondents said they feel the health-care system won't cover all costs related to treating a critical illness.

The survey found 64 per cent of respondents are worried they wouldn't be able to afford to pay the balance for treatment.

28.4% 28.4 per cent of respondents said job loss would be more devastating than a critical illness diagnosis.

Respondents also addressed the issue of potential financial shortfalls during recovery from a critical illness. Among those polled, 53 per cent felt they would be able to cover everyday expenses such as food, housing, transportation and clothing, or pay monthly bills (48.7 per cent).

The survey suggests a critical illness could also cause some respondents to re-evaluate retirement plans.

The poll found if respondents were faced with a critical illness that caused them significant financial hardship close to their ideal retirement age, 63 per cent would postpone retiring to focus on rebuilding their nest egg.

SOM Surveys, Opinion Polls and Marketing conducted the survey on behalf of Desjardins Financial Security from April 13-20. A total of 2,115 questionnaires were completed with a sample of Canadian Internet users aged 18 to 64 years old. THE CANADIAN PRESS

Financial readiness

The poll revealed 67 per cent of respondents said an illness would make them financially vulnerable.

- Close to the same number felt that creating an emergency fund in case of a future serious illness was important.
- Yet almost three-quarters of Canadians polled have taken no steps to ready themselves financially for a possible critical illness.

Don’t let sun weigh down on you

Heat, humidity, chlorine and sweat play toll on skin, hair Tips to beat heat, keep wrinkles and frizz at bay

KIM ZAZOUR
FOR METRO

ISTOCKPHOTO/THINKSTOCK



▶ When choosing a sunscreen, make sure it is no lower than SPF 30 and that it contains the ingredients Titanium dioxide and zinc oxide, especially for children.

Summer’s finally here — time to show off your sun-kissed skin and wind-tossed hair.

But exposure to the elements can do a number on your tresses and your complexion. Heat, humidity, chlorine and sweat can all gang up on your summertime beauty — and your health. Without protection, you could end up with a frizzy head, wrinkly face, or worse.

The Canadian Dermatology Association expects 74,000 newly diagnosed cases of skin cancer this year. Don’t be one of them. Avoid the sun between 11 a.m. and 4 p.m., cover up with tightly woven clothing, a wide-brimmed hat and sunglasses with 100 per cent UV protection — wrap-arounds are best.

And of course, lather on the sunscreen, even on cloudy days, reapplying regularly, especially after swimming. If you’re taking a road trip, remember the sun’s rays still make it through the windshield.

Look for sunscreen bearing the association logo and products that protect against UVA and UVB rays with a minimum SPF of 30 — the higher the SPF, the better, says Toronto dermatologist Dr. Charlene Linzon.

Titanium dioxide and zinc oxide are also ingredients to look for, especially for children. They act as a sunblock and are not absorbed by the skin.

Sunlight is not all bad, though. Dr. Linzon suggests exposing arms to 10 to 15 minutes of sunlight for a healthy dose of vitamin D.

Ten minutes in the sun’s rays can also help clear up acne, says, Linda Ducharme, teacher and co-ordinator in Algonquin College’s esthetician program.

Ducharme also suggests easing up on nighttime moisturizer to let your skin breathe, and switching to mineral makeup, which doesn’t clog pores and provides some sun protection.

Your hair, too, needs some summertime TLC.

Pamela Arsenault found that out the hard way. The Ottawa mom used to straighten her shoulder-length hair, but heat and humidity turned her smooth locks into frizz.

Now she uses anti-frizz shampoo, leave-in conditioner and a bit of gel and lets her hair do what it wants — leaving her with a head full of soft curls.

Paula Whitelock, with Hair Designs by Paula in Ottawa, says curly or wavy locks present special challenges; she suggests finding a stylist who specializes in curly hair.

Braids are another way to get through the steamiest of days, says Alain Larivee, owner of CAJH Maitres Coiffures in Montreal and Canadian creative consultant for John Frieda. Plaits keep frizz off your face during the day and at night you can shake them out for soft waves.

Or, you can also try a pampering treatment suggested by Algonquin College hairstyling professor Deanna Douglas. Before lounging on the dock or poolside, put conditioner on hair, then a shower cap. The heat of the sun restores your hair’s lustre.

High-Temp Tips

1 Water and vitamins
Drink lots of water and load of up on foods with Vitamin C and antioxidants to keep skin looking its best.

2 Protect your hair
The sun’s rays fade hair colour. Cover up with a hat or scarf, or look for products designed to protect colour treated hair. If you swim, use a clarifying shampoo to keep blonde turning green.

3 Spray Tans
If you use spray tan, exfoliate your skin to avoid streaks and patchy elbows or knees. Wash excess tan off your hands using oil mixed with sugar or salt.

4 Healthy hair
To keep hair from drying out, shampoo less often. Limit use of hot styling tools and chemical-laden hair products.

5 Shave less, moisturize more
Frequent shaving of underarms and legs can irritate skin. Use moisturizing shaving cream and replace your razor often. KIM ZAZOUR

Vital tips to keep hydrated

The body’s need for water is vital, yet many of us fail to properly hydrate ourselves. It is recommended that adults drink eight to 10 glasses or two litres of water every day (yes, really).

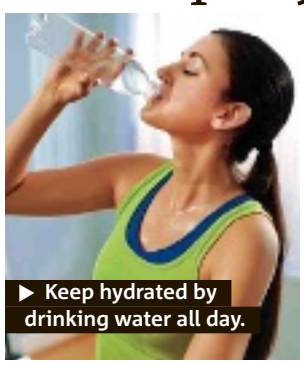
For many, remembering to include water in the daily routine is a challenge. Here are some simple ways to guzzle more H2O, courtesy of nutritionist Kari Carvey.

When hunger strikes

We often mistake dehydration for hunger. Instead of immediately reaching for food, drink a glass of water.

As your wake-up call

While sleeping, you lose fluids as your body works hard to metabolize much needed vitamins, minerals and essential nutrients. Drink a glass of water as soon as you wake up.



▶ Keep hydrated by drinking water all day.

During happy hour

It is always easier to reach for a cocktail than water but the day after effects can be damaging. Instead of matching drink to drink with a friend, chase each of your cocktails with water, especially when dancing. If you're planning on bar hopping, bring a bottle of water with you to hydrate in–between locations.

At the office

Keep water on your desk. According to Carvey, one litre bottles make it easy to keep track of how much water you’ve consumed.

While working on fitness

It is important to hydrate before, during, and after any sweat session. Even if you don’t feel thirsty, water must be replenished. For each hour of exercise Carvey suggests rehydrating with one litre of water.

NEWS CANADA



4 sports

Quoted



"It would be different because you don't know (any) of those teams over there in the American League. It's a whole different brand of baseball and it would be a totally different atmosphere."

HOUSTON CENTRE-FIELDER MICHAEL BOURN, ON A PLAN THAT COULD SEE THE ASTROS MOVED TO THE AMERICAN LEAGUE. UNDER THE POSSIBLE PLAN, THE LEAGUES WOULD NOT BE SPLIT INTO DIVISIONS. THE TOP THREE TEAMS WOULD MAKE THE PLAYOFFS. THE FOURTH- AND FIFTH-PLACE CLUBS WOULD BE WILD CARDS AND PLAY FOR ONE SPOT.

Roadkill

ELSA/GETTY IMAGES



▶ Boston's Milan Lucic scores a goal against Vancouver goalie Roberto Luongo in the first period last night.

Bruins chase Luongo from the net with three early goals, send series back to Vancouver

BRUINS	CANUCKS
5	2

The Boston Bruins put Roberto Luongo and the Stanley Cup back on the shelf.

After another home scoring spree against Vancouver's wildly inconsistent goalie last night, the Bruins are making one last trip west for the big finish to this dramatic Stanley Cup final.

Brad Marchand, Milan Lucic and Andrew Ference scored in the first 8:35 to chase Luongo from his second straight game in Boston, and the Bruins emphatically evened the final with a 5-2 victory in Game 6, sending the series to a decisive Game 7 in Vancouver tomorrow night.

For the sixth time in the last 10 seasons, the final has been stretched to its limit. The home team hasn't lost in this series, with Vancouver winning three one-goal games and Boston posting three blowout victories.

Henrik Sedin scored his first point of the final with a late power-play goal for the Canucks, who flopped in their attempt to win their franchise's first championship. Maxim Lapierre also scored in the third period for the Canucks, who will get one last try at a Rogers Arena filled with worried Vancouverites hoping their maddening team can come through.

Tim Thomas made 36 saves for the Bruins, giving up two third-period goals while burnishing his credentials for the Conn Smythe Trophy as Boston moved one win away from its first championship since 1972. Thomas has given up just eight goals in six games in a virtuoso performance in the final — but the spotlight in Game 6 was trained squarely on the other net.

After Luongo led Vancouver to the brink of a title with a stellar performance in a 1-0 victory Friday, the Canucks hoped to celebrate in Boston. The Bruins cancelled that party with yet another stunning barrage of goals against Luongo, who was ventilated for 15 goals in just over 4½ periods in Boston.

Boston even set a cup-final record with four goals in 4:14 while chasing Luongo and welcoming his backup, Cory Schneider, with a goal from Michael Ryder. Mark Recchi had two assists during the flurry.

Boston has lost its last five trips to the final, never even reaching a seventh game — but the Bruins can hang another banner in the Garden rafters with one road win.

And the Bruins have ample experience in Game 7. They've already played two in these playoffs, beating Montreal in the first round and Tampa Bay in the Eastern Conference finals — but both of those games were at home, where Boston finished the post-season with 10 wins in its last 11 games. THE ASSOCIATED PRESS

WILFREDO LEE/THE ASSOCIATED PRESS



▶ The Heat's LeBron James, left, looks at Dwyane Wade during a news conference after Game 6 of the NBA final.

King James still without NBA crown

LeBron's most scrutinized season ends with puzzlingly lacklustre final

There were seven seconds left in the NBA season and the Dallas Mavericks were beginning their championship celebration when LeBron James started slowly walking toward Dwyane Wade, his right hand outstretched.

A quick embrace, and with that, the off-season began.

For the Miami Heat, it's time to regroup.

Changing locales did not bring change to the ultimate outcome for James, whose eighth NBA season and first in Miami ended the same as his seven in Cleveland — without a championship. He took a swipe at those who criticized him and the Heat, saying the quality of their lives will not improve because he failed to win a title.

"There's no distractions that can stop me from trying to chase an NBA championship," James said Sunday night, after Game 6.

The Heat had the home-court edge, were perceived as favourites and came into the finals flying high after needing only 11 games to get past Boston and Chicago.

Then, thud.

A Game 1 win was followed by a Game 2 collapse, and the series was never the same as Dallas won four of the final five contests.

Dallas rejoices



The Mavericks returned home yesterday, cheered by hundreds of fans celebrating their NBA title at Love Field airport in Dallas.

- The championship, the first in the team's 31-year history, is a breakthrough.
- The franchise was once one of the worst in the NBA and, even after owner Mark Cuban's infusion of cash, had a reputation of failing to win big games

"There's no hiding," said Chris Bosh, who doubled over, crying in the bowels of American Airlines Arena after Game 6. "In the NBA you play a series, best of seven games, usually the better team is going to win.

"So we've got a lot of work to do. We have to go back to the drawing board. It hurts to come this far and come up short."

THE ASSOCIATED PRESS



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PAUL SANCYA/THE ASSOCIATED PRESS

NHL

Senators name new head coach



▶ Paul MacLean

Detroit Red Wings assistant Paul MacLean has been hired as the new coach of the Ottawa Senators.

Two people familiar with the decision confirmed the move yesterday, speaking with The Associated Press on condition of anonymity because it had not been formally announced by the Senators. The hire was first reported by ESPN.com.

The Senators fired head coach Cory Clouston and two assistants in April after the team failed to qualify for the playoffs for the second time in three seasons.

MacLean has spent the past five years as an assistant in Detroit, helping the team win the championship in 2008. He and Wings coach Mike Babcock also worked together for two years in Anaheim, taking the Ducks to the Stanley Cup final.

MacLean spent 11 seasons in the NHL, playing in 719 games for Winnipeg, Detroit and St. Louis from 1980-91. He finished with 324 goals and 349 assists.

Prior to the joining the Anaheim coaching staff in 2002, the Antigonish, N.S., native was head coach of the Quad City Mallards of the United Hockey League. He also spent time coaching minor-league teams in Kansas City and Peoria, Ill., and has been assistant coach with the Phoenix Coyotes and a scout for the St. Louis Blues.

In Ottawa, MacLean will be working for general manager Bryan Murray, his old boss in Anaheim. Murray, who recently received a three-year contract extension, has fired three coaches since he left the job himself to become GM after the Senators reached the final in 2007. THE ASSOCIATED PRESS

NBA enters off-season of uncertainty

As Dirk Nowitzki and Dwyane Wade traded big shots in a thrilling NBA final, with fans tuning in at levels the league hadn't seen since the days of the Kobe-Shaq Lakers, the questions came more frequently.

How can commissioner David Stern tell all those viewers to go watch something else?

How can they shut it down now?

"It's an odd position, when the game is the best it's ever been, when the ratings are the highest they've ever been, when the excitement is the greatest it's ever (been)," Players Association lawyer Jeffrey Kessler said last week. "It's sort of odd to see the owners say we're going to destroy this game unless you change this whole system. Players just want to play."

When the Dallas Mavericks finished off the Miami Heat on Sunday, it sent the NBA into a most uncertain off-season.

Owners and players are nowhere close on a new collective bargaining agreement to replace the one that expires June 30. Without a new deal, players say they have been told by the owners they will be locked out.

The NBA was reduced to a 50-game season by a work stoppage in 1998-99, and the loss of games is a threat now. Citing league-wide losses of about $300 million US this season, the league hasn't budged on its desire for significant changes to the financial structure, ranging from reductions in the length of contracts and the amount of guarantees, to an overhaul of the salary cap system that would prevent teams from being able to exceed it, as they can now under certain exceptions.

The championship clincher was the highest-rated Game 6 ever on ABC, in large part because of the Heat, whose star power created a must-see team.

The re-emergence of teams like the Chicago Bulls and, to a lesser extent, the New York Knicks over the last season has also piqued interest in some of the NBA's traditionally strong markets. THE ASSOCIATED PRESS

NHL

PLAYOFFS

All times Eastern

STANLEY CUP FINAL

(Best-of-7 series)
VANCOUVER (W1) VS. BOSTON (E3)
(Vancouver leads 3-2)
Last night's result
Vancouver at Boston
Tomorrow's game
x-Boston at Vancouver, 8 p.m.
x — if necessary.

SCORING LEADERS

	G	A	PT
Krejci, Bos	11	11	22
H.Sedin, Vcr	2	19	21
St. Louis, TB	10	10	20
Kesler, Vcr	7	12	19
Lecavalier, TB	6	13	19
D.Sedin, Vcr	9	9	18
P.Bergeron, Bos	4	14	18
Burrows, Vcr	9	8	17
Horton, Bos	8	9	17
Purcell, TB	6	11	17
J.Thornton, SJ	3	14	17
Boyle, SJ	4	12	16
Marchand, Bos	8	7	15
Ryder, Bos	7	8	15
Clowe, SJ	6	9	15
Datsyuk, Det	4	11	15
Couture, SJ	7	7	14
Downie, TB	2	12	14
Marleau, SJ	7	6	13
Ward, Nash	7	6	13
Stamkos, TB	6	7	13
Kelly, Bos	5	8	13
Gagne, TB	5	7	12
Giroux, Pha	1	11	12
Bergenheim, TB	9	2	11
Lucic, Bos	4	7	11
Peverley, Bos	4	7	11
Moore, TB	3	8	11
Edler, Vcr	2	9	11
Ehrhoff, Vcr	2	9	11
Setoguchi, SJ	7	3	10
Bieksa, Vcr	5	5	10
Ovechkin, Wash	5	5	10
Pavelski, SJ	5	5	10
Recchi, Bos	5	5	10
Cammalleri, Mtl	3	7	10
Briere, Pha	7	2	9
Legwand, Nash	6	3	9
Ference, Bos	3	6	9
Heatley, SJ	3	6	9
Chara, Bos	2	7	9
I.White, SJ	1	8	9
Kaberle, Bos	0	9	9
Higgins, Vcr	4	4	8
Lidstrom, Det	4	4	8
Boychuk, Bos	3	5	8
Hansen, Vcr	3	5	8
Zetterberg, Det	3	5	8
Filppula, Det	2	6	8
Perry, Ana	2	6	8
Raymond, Vcr	2	6	8
Seidenberg, Bos	1	7	8
van Riemsdyk, Pha	7	0	7
Selanne, Ana	6	1	7
Fisher, Nash	3	4	7
Holmstrom, Det	3	4	7
Seguin, Bos	3	4	7
Torres, Vcr	3	4	7
Brewer, TB	1	6	7
Gragnani, Buf	1	6	7
S.Koivu, Ana	1	6	7
Laich, Wash	1	6	7
M.Richards, Pha	1	6	7
Wellwood, SJ	1	6	7
Keith, Chi	4	2	6
Semin, Wash	4	2	6

Not including last night's game

NBA

PLAYOFFS

FINAL

(Best-of-7 series)
MIAMI VS. DALLAS
(Dallas wins series 4-2)
Sunday's result
Dallas 105 Miami 95

LATE SUNDAY

MAVERICKS 105, HEAT 95

DALLAS (105)
Marion 4-10 4-6 12, Nowitzki 9-27 2-2 21, Chandler 2-4 1-2 5, Barea 7-12 0-0 15, Kidd 2-4 3-4 9, Cardinal 1-1 0-0 3, Terry 11-16 2-4 27, Mahinmi 2-3 0-0 4, Stevenson 3-5 0-0 9. Totals 41-82 12-18 105.
MIAMI (95)
James 9-15 1-4 21, Bosh 7-9 5-7 19, Anthony 0-2 0-0 0, Chalmers 5-12 6-9 18, Wade 6-16 5-7 17, Miller 0-1 0-0 0, Haslem 4-9 3-4 11, Howard 0-1 0-2 0, House 3-7 0-0 9. Totals 34-72 20-33 95.

Dallas	**32**	**21**	**28**	**24**	**—105**
Miami	**27**	**24**	**21**	**23**	**—95**

3-Point Goals—Dallas 11-26 (Stevenson 3-5, Terry 3-7, Kidd 2-3, Cardinal 1-1, Barea 1-3, Nowitzki 1-7), Miami 7-23 (House 3-6, James 2-5, Chalmers 2-7, Miller 0-1, Wade 0-4). Fouled Out—None. Rebounds—Dallas 47 (Nowitzki 11), Miami 51 (Haslem 9). Assists—Dallas 19 (Kidd 8), Miami 20 (Chalmers 7). Total Fouls—Dallas 24, Miami 14. Technicals—Stevenson, Chalmers, Haslem, Wade. Att.—20,003 (19,600) at Miami.

ACTIVITY

MLB

AMERICAN LEAGUE

BOSTON RED SOX—Traded C Mike McKenry to the Pittsburgh Pirates for a player to be named or cash.
KANSAS CITY ROYALS—Signed RHP Kellen Moen, 1B Dean Espy, RHP Spencer Patton, LHP Abel Gonzalez and 3B Adrian Bingas.

NATIONAL LEAGUE

CHICAGO CUBS—Placed RHP Kerry Wood on the 15-day DL, retroactive to June 9. Activated INF Jeff Baker from the 15-day DL.
PITTSBURGH PIRATES—Designated C Wyatt Toregas for assignment.
SAN DIEGO PADRES—Placed RHP Aaron Harang on the 15-day DL, retroactive to June 10. Reinstated OF Cameron Maybin from the 15-day DL. Selected the contract of RHP Anthony Bass from San Antonio (Texas). Optioned C Kyle Phillips to Tucson (PCL). Designated LHP Aaron Poreda for assignment.

NBA

NEW ORLEANS HORNETS—Promoted Randy Ayers to lead assistant coach.

NHL

PHOENIX COYOTES—Named Jim Playfair associate coach and signed him to a multiyear contract.
ST. LOUIS BLUES—Re-signed F Chris Porter to a one-year contract extension.

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	39	26	.600	—
New York	36	28	.563	2½
Tampa Bay	35	30	.538	4
Toronto	32	34	.485	7½
Baltimore	30	33	.476	8

CENTRAL DIVISION

	W	L	Pct	GB
Cleveland	35	29	.547	—
Detroit	35	30	.538	½
Chicago	33	35	.485	4
Kansas City	29	37	.439	7
Minnesota	26	39	.400	9½

WEST DIVISION

	W	L	Pct	GB
Texas	36	31	.537	—
Seattle	34	32	.515	1½
Los Angeles	31	36	.463	5
Oakland	28	39	.418	8

Last night's results
Cleveland 1 N.Y. Yankees 0
Tampa Bay at Detroit
L.A. Angels at Seattle
Sunday's results
N.Y. Yankees 9 Cleveland 1
Seattle 7 Detroit 3
Boston 14 Toronto 1
Tampa Bay 9 Baltimore 6
Chicago White Sox 5 Oakland 4
Minnesota 6 Texas 1
Kansas City 9 L.A. Angels 0
Tonight's games
(All times Eastern)
Cleveland (Masterson 5-4) at Detroit (Verlander 7-3), 7:05 p.m.
Texas (Ogando 7-0) at N.Y. Yankees (Sabathia 7-4), 7:05 p.m.
Baltimore (Jakubauskas 1-0) at Toronto (Villanueva 4-0), 7:07 p.m.
Boston (Wakefield 3-1) at Tampa Bay (Shields 5-4), 7:10 p.m.
Chicago White Sox (Floyd 6-5) at Minnesota (Pavano 3-5), 8:10 p.m.
Kansas City (Duffy 0-2) at Oakland (Cahill 6-4), 10:05 p.m.
L.A. Angels (Weaver 7-4) at Seattle (Fister 3-7), 10:10 p.m.

LEAGUE LEADERS

	G	AB	R	H	Avg.
Bautista, Tor	54	191	50	67	.351
Joyce, TB	59	195	37	66	.338
AdGonzalez, Bos	61	251	40	84	.335
Ortiz, Bos	59	220	37	71	.323
MiCabrera, Det	61	214	45	69	.322
Konerko, ChW	61	228	29	72	.316
JhPeralta, Det	54	192	25	60	.313
MiYoung, Tex	62	245	26	76	.310
Kubel, Min	52	200	20	62	.310
Moreland, Tex	56	184	29	57	.310

STOLEN BASES - EIlsbury, Boston, 23; Andrus, Texas, 19; Crisp, Oakland, 18; RDavis, Toronto, 18; Aybar, Los Angeles, 14; Fuld, Tampa Bay, 14; ISuzuki, Seattle, 14.
STRIKEOUTS - FHernandez, Seattle, 97; Shields, Tampa Bay, 93; Weaver, Los Angeles, 90; Price, Tampa Bay, 83; Verlander, Detroit, 83; CWilson, Texas, 82; Haren, Los Angeles, 80.
Not including yesterday's games

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Philadelphia	40	26	.606	—
Atlanta	38	28	.576	2
Florida	32	32	.500	7
New York	32	34	.485	8
Washington	30	36	.455	10

CENTRAL DIVISION

	W	L	Pct	GB
Milwaukee	38	28	.576	—
St. Louis	38	29	.567	½
Cincinnati	34	33	.507	4½
Pittsburgh	32	33	.492	5½
Chicago	25	39	.391	12
Houston	24	42	.364	14

WEST DIVISION

	W	L	Pct	GB
San Francisco	37	29	.561	—
Arizona	36	30	.545	1
Colorado	31	34	.477	5½
Los Angeles	31	36	.463	6½
San Diego	29	38	.433	8½

Last night's results
Pittsburgh 3 N.Y. Mets 1
Arizona at Florida
Atlanta at Houston
Milwaukee at Chicago Cubs
San Diego at Colorado
Cincinnati at L.A. Dodgers
Sunday's results
Arizona 5 Florida 1
Philadelphia 4 Chicago Cubs 3
N.Y. Mets 7 Pittsburgh 0
Atlanta 4 Houston 1
Milwaukee 4 St. Louis 3
L.A. Dodgers 10 Colorado 8
Washington 2 San Diego 0
San Francisco 4 Cincinnati 2
Tonight's games
Florida (Volstad 2-6) at Philadelphia (Hamels 8-2), 7:05 p.m.
St. Louis (J.Garcia 6-2) at Washington (Maya 0-1), 7:05 p.m.
N.Y. Mets (Niese 5-5) at Atlanta (Jurrjens 8-2), 7:10 p.m.
Milwaukee (Gallardo 8-3) at Chicago Cubs (R.Wells 1-1), 8:05 p.m.
Pittsburgh (Karstens 3-4) at Houston (Norris 4-4), 8:05 p.m.
San Diego (Undecided) at Colorado (Nicasio 1-1), 8:40 p.m.
San Francisco (Cain 5-4) at Arizona (Collmenter 4-1), 9:40 p.m.
Cincinnati (Cueto 3-2) at L.A. Dodgers (Kershaw 6-3), 10:10 p.m.

LEAGUE LEADERS

	G	AB	R	H	Avg.
JosReyes NYM	62	272	47	94	.346
Votto Cin	66	239	46	80	.335
Kemp LAD	67	245	45	81	.331
Ethier LAD	66	237	31	76	.321
Carroll LAD	64	228	33	73	.320
Helton Col	56	185	29	59	.319
Pence Hou	65	267	32	85	.318
Berkman StL	57	189	40	60	.317
SSmith Col	55	185	31	58	.314
GSanchez Fla	64	247	34	77	.312

HOME RUNS - Kemp, Los Angeles, 20; Fielder, Milwaukee, 19; Bruce, Cincinnati, 17; Berkman, St. Louis, 16; Stanton, Florida, 16; Braun, Milwaukee, 14; Pujols, St. Louis, 14.
STRIKEOUTS - CILee, Philadelphia, 107; Halladay, Philadelphia, 106; Kershaw, Los Angeles, 102; Lincecum, San Francisco, 94; Hamels, Philadelphia, 91; Hanson, Atlanta, 89; AniSanchez, Florida, 87.
Not including last night's games

GOLF

U.S. OPEN

At Bethesda, Md.
Tee times for the 2011 U.S. Open, to be held June 16-19 on the 7,574-yard, par- 71 (36-35) Blue Course at the Congressional Country Club (all times ET; competitors from the U.S., unless specified; a-denotes amateur):
Thursday-Friday
First hole-10th hole
7 a.m.-12:40 p.m. - Dae-Hyun Kim, South Korea; Chez Reavie, Shane Lowry, Ireland.
7:11 a.m.-12:51 p.m. - Greg Chalmers, Australia; Kirk Triplett; TBD.
7:22 a.m.-1:02 p.m. - Marc Leishman, Australia; Alex Cejka, Czech Republic; Kevin Streelman.
7:33 a.m.-1:13 p.m. - Fred Funk; a-David Chung; Michael Campbell, New Zealand.
7:44 a.m.-1:24 p.m. - Matt Kuchar; Paul Casey, England; K.J. Choi, South Korea.
7:55 a.m.-1:35 p.m. - Graeme McDowell, Northern Ireland; a-Peter Uihlein; Louis Oosthuizen, South Africa.
8:06 a.m.-1:46 p.m. - Henrik Stenson, Sweden; Johan Edfors, Sweden; Fredrik Jacobson, Sweden.
8:17 a.m.-1:57 p.m. - Ernie Els, South Africa; Davis Love III; Jim Furyk, United States.
8:28 a.m.-2:08 p.m. - Justin Rose, England; Tim Clark, South Africa; Jason Day, Australia.
8:39 a.m.-2:19 p.m. - Jeff Overton; Ryan Palmer; TBD.
8:50 a.m.-2:30 p.m. - Brandt Jobe; Nick O'Hern, Australia; D.A. Points.
9:01 a.m.-2:41 p.m. - Christo Greyling, South Africa; **Adam Hadwin, Abbotsford, B.C.;** Joey Lamielle.
9:12 a.m.-2:52 p.m. - Michael Tobiason, Jr., Jesse Hutchins, Michael Smith.
12:40 p.m.-7 a.m. - Ty Tryon; Maarten Lafeber, The Netherlands; Scott Barr, Australia.
12:51 p.m.-7:11 a.m. - Geoffrey Sisk; a-Cheng-Tsung Pan, Chinese Taipei; Matt Richardson, England.
1:02 p.m.-7:22 a.m. - Bo Van Pelt; K.T. Kim, South Korea; Ben Crane.
1:13 p.m.-7:33 a.m. - Mark Wilson; Martin Laird, Scotland; Peter Hanson, Sweden.
1:24 p.m.-7:44 a.m. - Miguel Angel Jimenez, Spain; Sergio Garcia, Spain; Alvaro Quiros, Spain.
1:35 p.m.-7:55 a.m. - Francesc Molinari, Italy; Matteo Manassero, Italy; Edoardo Molinari, Italy.
1:46 p.m.-8:06 a.m. - Hiroyuki Fujita, Japan; Todd Hamilton; Kevin Na, South Korea.
1:57 p.m.-8:17 a.m. - Rickie Fowler; Ian Poulter, England; Hunter Mahan.
2:08 p.m.-8:28 a.m. - Camilo Villegas, Colombia; Aaron Baddeley, Australia; Brandt Snedeker.
2:19 p.m.-8:39 a.m. - Kevin Chappell; Do-Hoon Kim, South Korea; Robert Rock, England.
2:30 p.m.-8:50 a.m. - **Jon Mills, Oshawa, Ont.;** Andreas Harto, Denmark; a-Scott Pinckney.
2:41 p.m.-9:01 a.m. - a-Steve Irwin; Ryan Nelson; Elliot Gealy.
2:52 p.m.-9:12 a.m. - Christopher Deforest; a-Chris Williams; **Wes Heffernan, Calgary.**
Thursday-Friday
10th hole-First hole
7 a.m.-12:40 p.m. - Chad Campbell; Harrison Frazar; Marc Turnesa.
7:11 a.m.-12:51 p.m. - Justin Hicks; Marcel Siem, Germany; Sunghoon Kang, South Korea.
7:22 a.m.-1:02 p.m. - Thomas Levet, France; Brian Gay; Gregory Havret, France.
7:33 a.m.-1:13 p.m. - Heath Slocum; a-Russell Henley; Nicolas Colsaerts, Belgium.
7:44 a.m.-1:24 p.m. - Padraig Harrington, Ireland; Angel Cabrera, Argentina; Stewart Cink.
7:55 a.m.-1:35 p.m. - Ryo Ishikawa, Japan; Anthony Kim; Y.E. Yang, South Korea.
8:06 a.m.-1:46 p.m. - Luke Donald, England; Lee Westwood, England; Martin Kaymer, Germany.
8:17 a.m.-1:57 p.m. - Jonathan Byrd; Bill Haas; Webb Simpson.
8:28 a.m.-2:08 p.m. - Bubba Watson; Adam Scott, Australia; Robert Karlsson, Sweden.
8:39 a.m.-2:09 p.m. - Sam Saunders; Tim Petrovic; Scott Piercy.
8:50 a.m.-2:20 p.m. - Matthew Edwards; a-Brad Benjamin; TBD.
9:01 a.m.-2:31 p.m. - Bud Cauley; Adam Long, United States; a-Michael Barbosa.
9:12 a.m.-2:42 p.m. - Michael Whitehead; Will Wilcox; John Ellis.
12:40 p.m.-7 a.m. - Alexandre Rocha, Brazil; Andres Golzales; Bubba Dickerson.
12:51 p.m.-7:11 a.m. - Michael Putnam; a-Patrick Cantlay; Robert Dinwiddie, England.
1:02 p.m.-7:22 a.m. - John Senden, Australia; Robert Garrigus; Scott Hend, Australia.
1:13 p.m.-7:33 a.m. - Jason Dufner; Stephen Gallacher, Scotland; S.Y. Noh, South Korea.
1:24 p.m.-7:44 a.m. - Steve Stricker; Retief Goosen, South Africa; David Toms.
1:35 p.m.-7:55 a.m. - Rory McIlroy, Northern Ireland; Dustin Johnson; Phil Mickelson.
1:46 p.m.-8:06 a.m. - Charl Schwartzel, South Africa; Trevor Immelman, South Africa; Zach Johnson.
1:57 p.m.-8:17 a.m. - Nick Watney; Lucas Glover, United States; Geoff Ogilvy, Australia.
2:08 p.m.-8:28 a.m. - Ryan Moore; Robert Allenby, Australia; Rory Sabbatini, South Africa.
2:19 p.m.-8:39 a.m. - David Howell, England; Kenichi Kuboya, Japan; Briny Baird.
2:30 p.m.-8:50 a.m. - Charley Hoffman; Alexander Noren, Sweden; Sangmoon Bae, South Korea.
2:41 p.m.-9:01 a.m. - a-Brett Patterson; Bennett Blakeman; Brian Locke.
2:52 p.m.-9:12 a.m. - Chris Wilson; David May; a-Beau Hossler.

SOCCER

2011 CONCACAF GOLD CUP

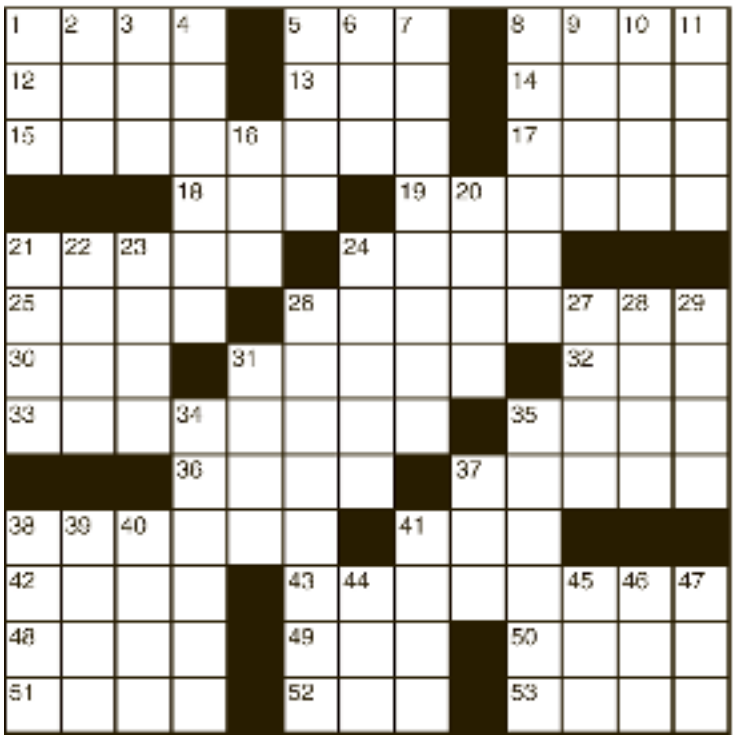
Last night's results
At Harrison, N.J.
Guatemala 4 Grenada 0
Honduras vs. Jamaica
Tonight's games
At Kansas City, Kan.
Canada vs. Panama, 7 p.m.
Guadeloupe vs. U.S., 9 p.m.

MLS

Sunday's results
Chicago 1 Columbus 0
Kansas City 4 Dallas 1
Tomorrow's games
Toronto at New England, 8 p.m.
Friday's game
San Jose at Kansas City, 8:30 p.m.


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Crossword



Across

1 Hinged fastener
5 Snapshot
8 Culprit, for short
12 — vera
13 Cheery remark?
14 Smell
15 "Bravo!"
17 "Scrabble" piece
18 Solemn promise
19 With precision
21 Parsley serving
24 Competes
25 Slapstick missiles
26 Hotel employees
30 Eisenhower
31 Gets dirty
32 Actor Kilmer
33 Poe's "The — Heart"
35 Humdinger
36 Helps
37 Greedy kid's shout
38 Old scrolls, often
41 Household member
42 Hodgepodge
43 Jailhouse roomie
48 Carte
49 Before
50 "Exodus" author
51 Nuisance
52 — Khan
53 Transmitted

Down

1 "Hee —"
2 Hearty brew
3 Scale member
4 A real hip place?
5 Ship's front
6 Author Fleming
7 Pile-face fabric
8 Soap ingredient
9 Tend texts
10 Hot dog holder
11 Quarry
16 41-Across, often
20 Slithery fish
21 Skewer
22 Toll road, for short
23 Stagger
24 Wedding cover-ups
26 Ancient British queen
27 Egg
28 Coconut tree
29 Pivot
31 Mix
34 Arrangement
35 Acidity detector
37 Solidify
38 "— and Circumstance"
39 Sheltered
40 Bowling targets
41 Entreaty
44 Work unit
45 Exist
46 Can makeup
47 Superlative suffix

▶ Monday's answer



Sudoku

8				6			9	5
1			9	8				
7	9	4						
			2			1		7
	6						4	
9		2			4			
						2	5	9
				2	5			3
2	3			7				6

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Monday's answer ▶



Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Baby to Trevor
Happy 1 year anniversary love. I look forward to many more! I love you xoxo
FROM YOUR LITTLE TINY BABY GIRL

JL
If I was a graham cracker and you were a marshmallow, would you stick by me?? Teehee; friends always <3
FROM JL

BBBBimbo
Don't hold your breath u big nosed dummy! He will never leave me he loves me & I love him we are ONE DEAL with the truth silly desperate woman!!!!!!!!!!!!!!!!!!!!!!!!!
FROM MRS. M

Today's horoscope

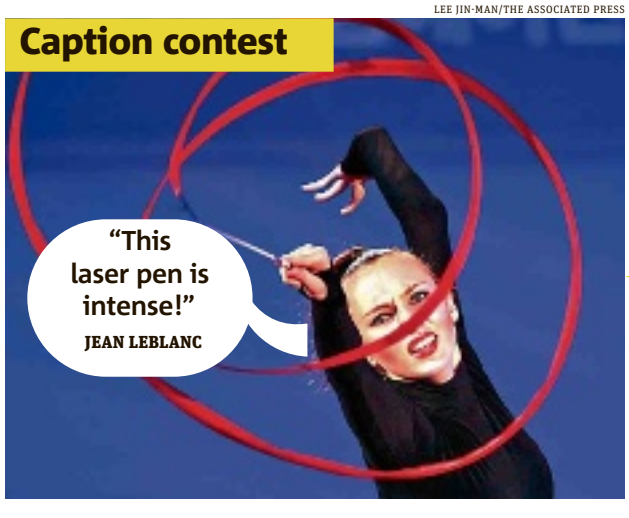
For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You will be in the thick of the action today.
♉ Taurus April 21-May 21 If you make changes today it's unlikely you will be able to change back again later.
♊ Gemini May 22-June 21 The approaching eclipse suggests you will be tempted to take on someone who is, to be frank, out of your league.
♋ Cancer June 22-July 22 Steer clear of anything that might depress you today — and steer clear of people who seem to think failure is something to be accepted.
♌ Leo July 23-Aug.23 If someone challenges you today you must stand up for yourself.
♍ Virgo Aug. 24- Sept. 22 If you find yourself up against forces that are difficult to cope with then it might be wise to back off.
♎ Libra Sept. 23-Oct. 23 This should be a fun day for you, but you might not get much work finished.
♏ Scorpio Oct. 24-Nov. 22 You have never been one to let others take advantage of you but that does not mean they won't try.
♐ Sagittarius Nov. 23-Dec. 21 If someone stands in your way today you must shove them aside.
♑ Capricorn Dec. 22-Jan. 20 Don't change your routines or your methods simply to fit in.
♒ Aquarius Jan. 21-Feb. 18 You may fall out with a partner or loved one over the next days.
♓ Pisces Feb. 19-March 20. Compromise solutions may be hard to come by.

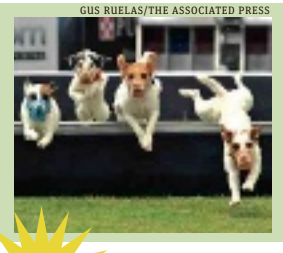
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